

Perspective & Confidence

The power of perspective. What does it really mean? For me, it's that we always have a choice. We have the ability to choose how we look at things, situations, people, life and ourselves. Even in seemingly unchangeable circumstances, we're able to take back some control by choosing our attitude and reaction.

The realization that we're always at choice is both empowering and confidence-building. To understand what I mean, try this simple exercise:

- Recite out loud the litany of things you have scheduled to do today. List every single, minute detail. Next, repeat the exercise by prefacing each task with the words "I choose". Chances are the first time through your list you felt some heaviness, maybe stress, and a sense of obligation. You may have even said the words "I need to" or "I have to" before some items. Now after the second time, what felt different? Hopefully you noticed more light-heartedness. Maybe you felt more positive. More intentional. More like there are other options and possibilities and that the choices of your day are more up to you than you think.

Often when we feel trapped or stuck in life, it's because of the perspective we're standing in. Perspective is a very powerful filter that allows us to see only certain things. But this is not someone else's fault. We do it to ourselves. So to this point, we also have the power to get unstuck.

A few years ago, I was faced with the sudden reality of moving myself and my family cross-country within a very short time frame. I didn't want to go and I also felt like I had no choice. My husband got a new job, a great opportunity in fact, and my rational mind knew that the adventure would be exciting for all of us. However, I LOVED my life - my job, my friends, neighbors and where we lived. I was stuck. I was only focusing on what I was losing and not what I would be gaining. But then I decided to try something different and think about the change from other angles than the limiting, scared one I was in. For some reason it occurred to me, who knows, maybe one of my new neighbors ends up being the best friend of my entire life. And bang! This startling thought began to totally shift my perspective. I wondered what other possibilities might await. I asked myself, *what if* I approached things from 'life could be *even better*'? And this was the difference I needed because it enabled me to finally embrace the journey as MY choice too. Today, my family and I couldn't be happier as an amazing experience continues to unfold for all of us!

Choice and perspective have the power to change what we pay attention to, what we see in the world, our relationships and even the people around us. In what area of your life could you use a shift?