



HARRIETHUNTER.ORG/JOURNALING

**EIGHT STEPS TO A
POWERFUL CHANGE
IN PERSPECTIVE**

Eight Steps to a **Powerful** Change in PERSPECTIVE

People who are driven to reach their dreams know what it takes to maintain forward motion in the face of setbacks and unforeseen interruptions. Regardless of what their journey presents, they use one or more of these attributes to stay the course and remain positive. They've learned how to harness most of their energy for themselves. These are a few examples of techniques used to move away from failure, and move closer to success.

It's called having a Change in Perspective

Four things we can do to tap into our own power and flourish

1. Don't take ourselves so seriously.

As we learn to forgive ourselves for *our* mistakes large and small, we are less reactive to others around us because we realize that 'just like me', no one is perfect. We treat ourselves and others with kindness as we ask, "How Important is it (really)?" and begin to let go of preconceived old thoughts and ideas. We let ourselves and others off the hook. With patience and acceptance that each of us is doing the best that we can, we have a change of heart and discover compassion that softly nudges these truths. We are not bad people, so we learn to go easy on ourselves, which creates space between us and others to allow for acceptance to see who we really are. Breathing in confidence is one way of looking at life's situations as non-threatening. Life becomes just life, not happening *to* us personally, it is just life on life's terms.

2. Find gratitude in every-single-thing.

One way we do this is through journaling. Begin by writing five gratitudes a day, and watch what happens to your attitude! Be sure to visit my website <http://harriethunter.org> and the tab, "**Journaling**" to discover exercises in how journaling can have a profound effect in changing our perspective.

3. Change our vantage point.

Being able to see the big picture allows us to examine every aspect of a situation. When we change our vantage point, we consider angles and scenarios. We look at our motives. "How does this affect others?" "Is it possible we could be wrong?" These questions ask us to **stop** and breathe; pausing long enough to gain clarity and see a situation for what it is. Standing atop a mountain of clarity, we open ourselves to the inclusion of others.

4. Change our perspective.

This is the miracle that provides power to redefine who we *think* we are. Implications of changing our perspective are far-reaching and often life-changing. Most people don't find a need to change anything about themselves because, well – after all, they created their thoughts and opinions. For many of us stuck in black and white thinking, thoughts and opinions seem to identify the person we think we are. Too often we take what others say personally without considering they could be right.

Changing perspective is an act of humility. It says, "I never looked at it that way." It is the willingness to set aside our own ideas and opinions of what we *think* we know, to embrace new ways of looking at some fact of our life, or person, place or thing, through the eyes of new awareness and transparency.

The fact is we've absorbed all kinds of messages, good and bad from birth without giving them a second thought. Until the pain of living with so many false beliefs become too difficult to accept.

The four action steps that follow will facilitate a transformation to a calming peace of change. Compassion instead of worry, regret, and anger, will begin to break through and take the place of negative emotions. Positive thinking will become the heart of changing our perspective.

1 Examine Our Motives

Often, examining our motives provoke fear or excitement. There is no other way of testing what we want to do or say while being honest in our intentions. Knee-jerk reactions to what others say or do come automatically. Some of us anticipate anger, even dishonesty. But when we bring to the table love and acceptance, examining motives was never high on the list. Why is it even important? I've heard it said, *there is never a Wrong Reason for Doing the Next Right Thing*.

Our responsibility is to be sure that whatever it is we do, is for the right reason. What makes it right? What makes it wrong?

What makes the next right thing right is doing or saying something from our highest self. There is no selfishness or intention other than love for the other person, and to be of service. Our motives are pure and true without deception.

What makes the right reason, wrong? When we do something with expectations of receiving something in return, or when our motives are driven by self. Greed, and fear lead the list.

2. Developing an Attitude of Gratitude.

We are aware of lots of sad people who have had a rough life and know plenty of sad people who only *thought* they had a tough life. Reinforcing gratitude is key to standing away from our darkness, regardless of anyone's situation. The choices we make in the face of despair help to sooth an otherwise miserable existence for ourselves, and for everyone around them. My mother relays a story her father shared with her. I met a man who had no shoes He felt sorrow, until he met a man who had no feet.

Our lives can be as miserable and sad as we want them to be. The choice is ours alone to make. Some stay there all day. Gratitude opens the door to positivity.

We are here to help others any way we can and one important way we can do so, is by developing an attitude of gratitude in everything we see, everything we are, and everything we have, and then passing it on to others.

3. Prayer and Meditation

Our Universal Spirit is here and aware, all of the time. I drove 45 minutes to work one way for twenty years and people would say, “Good night, isn’t it boring?” I knew there were no mistakes. It was my time with God, and it was priceless. Not everyone has that luxury. Even five minutes sitting in quiet contemplation each day may be enough to become focused and centered. Prayer and Meditation empower a spiritual energy to enter our heart, and works with us to change our moments. And our moments, no matter how brief, create our reality.

4. Helping Others

Helping others is one of the surest ways to feel good about ourselves and pay it forward by doing for others. Random acts of kindnesses are a wonderful way, no matter how trivial, how small, to do something for someone else. With just a little imagination, helping others can be some of the most gratifying work we can do. It allows us to lead by example. We reap, as much if not more, more satisfaction than the recipient. It is always a win-win situation.

**When We Change our Perspective,
We Change Our Life!**