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

People who are driven to reach their dreams already know what it takes to maintain forward motion in the face of setbacks and unforeseen interruptions. Regardless of their journey, they use one or more of these attributes to stay the course and stay positive. They’ve learned how to harness the majority of their energy for themselves. This is an example of some of the techniques used to move from failure 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 become gentler with ourselves each day, finding forgiveness within for *our* mistakes large and small, we become less reactive with others. We treat ourselves and others with greater consideration when we ask, “How Important is it (really)?” and begin the process of letting things go. We let others and ourselves, off the hook. With patience and acceptance that nothing and no one is perfect, we have a change of heart and discover compassion that gently nudges the truth about ourselves. We are not bad people, so we learn with self-compassion to go easy on ourselves, which creates space between us and others to allow for acceptance of who we are. Breathing in confidence becomes a way of life.

2. **Find gratitude in every-single-thing.**
This is huge. One way we do that is through journaling. Putting pen to paper dynamically rearranges T-cells and the effects of auto-immune disease, not to mention the emotional and psychological benefits https://psychcentral.com/lib/the-health-benefits-of-journaling/. This is but one of many sites that concur with these facts. Begin by writing five gratitudes day by putting them to paper and watch what happens to your attitude and your smile! Be sure to visit my website http://harriethunter.org and the tab, “Journaling” to discover exercises of how journaling can change your life.

3. **Change our vantage point.**

   Being able to see the big picture allows us to consider all sides. When we change our vantage point, we consider every angle and examine our motives. How does this affect others? Is it possible we could be wrong? How important is it? These questions ask us to stop in our tracks and breathe, pausing long enough to gain clarity and see a situation for what it is high atop that mountain as we open ourselves to the inclusion of others.

4. **Change our perspective.**

   This is the miracle that gives us the ability to redefine who we think we are. Implications of changing our perspective are far reaching and have the potential to be life-changing. Most people don’t find a need to change anything about themselves because, well – after all, they created their ideas and opinions. For many of us stuck in black and white thinking, these two things carry so much punch that we take them personally, as if to change our opinion is changing who we are. Of course it’s not true.
Changing our perspective involves an act of humility. It says, “I never looked at it that way.” It is the willingness to set aside our own pre-conceived notions 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 false beliefs grabbed our attention.

These four action steps that follow, will facilitate a transformation to a calming peace of change. Compassion will resonate, instead of worry, regret, and anger. Positive thinking will become the heart of changing our perspective.

1  Examine 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 comes automatically for some of us; we 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 making sure that whatever it is we do, is for the right reason. What makes it right? What makes it wrong? These are good questions.

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. Promoting an attitude of gratitude is key to standing away from our darkness, regardless of anyone’s situation. The choices we make in the face of overwrought despair, help to sooth an otherwise miserable existence for that person, 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 I met a man who had no feet.”

Our lives can be as miserable and mournful as we want them to be. The choice is ours alone to make. Some assume that position all day, without having heard the fates of those around them and what they are coping with and what miracles they are waiting for.

I believe 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

The nice thing about prayer and meditation is that my God is here and aware, everywhere, all day and 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 together empowers a spiritual energy to enter our space and 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 to 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 more satisfaction than the recipient. It is always a win-win situation.

When We Change our Perspective,

We Change Our Life!