



IN THEIR
SHOES

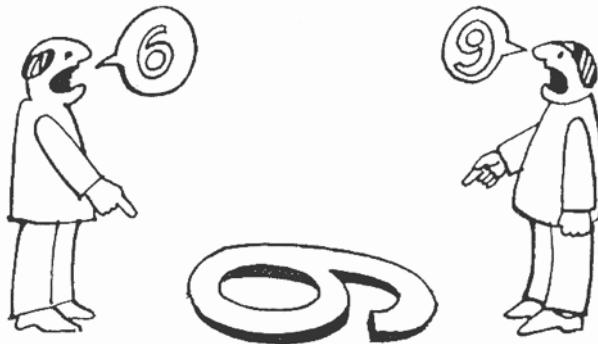
Worksheet



BlueChipMINDS

Notes:

PERCEPTION

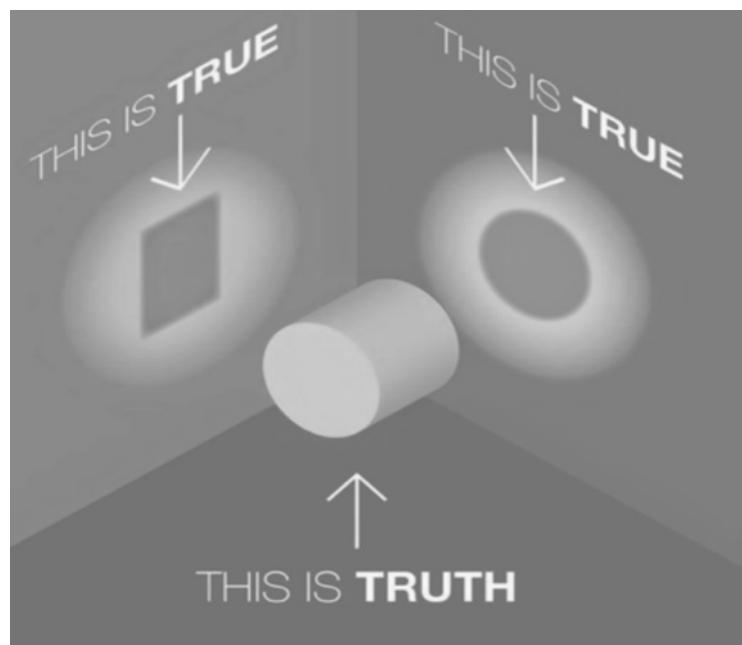


Most of the time you live your life from one vantage point, that is your own Mindset. Your unique values, perceptions and beliefs create a filter and the lens you view the world through. Your perception keeps you playing on the same field. To be able to see things differently, to appreciate where other people are coming from and to solve your own unique problems, you need to be able to view life from a different vantage point.

To do this you need to get off the playing field, or the dance floor, and up onto the balcony or grandstand and observe life from a completely different vantage point.

Perception is a mental muscle, the more you use it, the stronger it becomes and the easier it is for you to move from being a victim in your life, and playing in drama, to being able to have more compassion, empathy and ultimately make choices that allow you to self-author your life.

Perception is your point of view. Often the people we live and work with will have a different point of view to ours. This can cause conflict, confusion and even a break down in relationships especially when people stubbornly hold on to their experience as the ultimate truth.



YOUR UNIQUE LENS

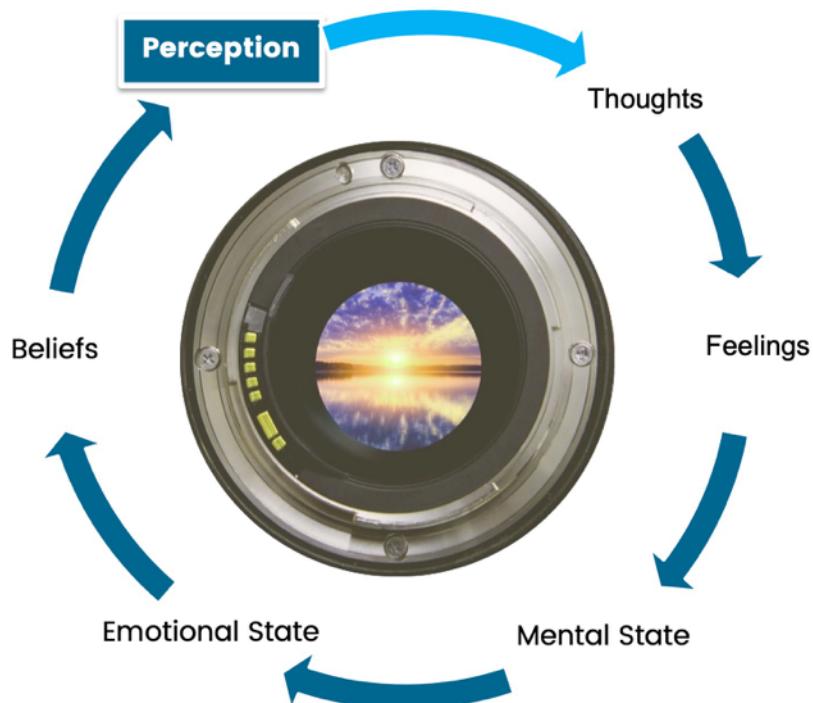
Your perception is formed about a person, situation, thing or experience once you become aware of it and develop a final understanding. Your point of view is how you see or think of something and is based on your own unique personal experience. Most people live through their past memories: how we think and how we feel about those past events.

We all have memories from our past experiences, for example from school, family events, holidays, illness, fun times and awe inspiring moments. Our thoughts and feelings at these times become our memories.

When you have a series of thoughts and feelings and put them together, they become your mental state. These mental states when combined turn into your beliefs. Beliefs are thoughts you have fired and wired together and emotionally embraced, they are hardwired circuits (neural networks) you keep thinking and feeling over and over again.

Beliefs are a compartment in your brain - a closed loop of thoughts and feelings. Beliefs become your state of being. When you string a heap of beliefs together, you form a perception, this is how YOU see the world.

Perceptions are extensions of repeated and revisited thoughts and feelings. Strong emotions create very strong perceptions. You will only see the world, and people, according to how your brain has been wired. This means that your beliefs and perceptions are completely attached to your past experiences and past thinking. Your perception may not be based on actual events and how they happened, it will be based on the thoughts, feelings and mental state at the time of an event.



YOUR UNIQUE LENS

"The way you perceive your life is the kind of life you will get"

Dr Joe Dispenza

The three factors that can influence your perception are experience, motivational state and emotional state. In different motivational or emotional states, you will react to or perceive something in different ways. Also in different situations you might employ a "perceptual defence" where you "see what you want to see" and disregard the facts.

Knowing that your point of view is based on your past thinking, and possibly outdated beliefs, means that you can build your mental muscle of Perception by taking on new points of view. This is especially useful when you are faced with a problem you can't solve. Changing the way you look at a problem, or changing the thoughts and beliefs you have about an issue can often lead to solutions and save many an argument. Most arguments are caused simply by the different ways in which we all see the world. Doing your best to put yourself in someone else's shoes is a guaranteed way to build stronger relationships, solve problems and strengthen your mental complexity.

Notes:

CHANGING PERCEPTION

Objective – To use your imagination to consider another point of view in a situation.

1. Think about an issue or challenge that you are facing. (write it down)
2. Consider a new point of view for the ‘situation’ by imagining you are someone else. (If you can’t think of someone, use one of the people on the following pages for inspiration or imagine that you are a genius)
3. Make a note of how you believe the ‘other person’ would:
 - A. Think about the situation.
 - B. See or approach a situation like this.
 - C. Change the situation to make it better.
 - D. Offer advice “What would they tell you to do?”

Issue / Challenge / situation:

Other points of view I could consider and actions I will take:

IN THEIR SHOES

Bruce Lee

Starred in six feature-length films and also some television shows. He was also known for his dedication to physical fitness, and Martial Arts as a student and a teacher.

"Art calls for complete mastery of techniques, developed by reflection within the soul."

"A goal is not always meant to be reached, it often serves simply as something to aim at."

"As you think, so shall you become."



Top 5 Strengths & Positive Characteristics

Focus, Determination, Resourcefulness, Flexibility in thinking, Willingness to learn

Bessie Coleman

An American civil aviator. She was the first female pilot of African American descent and the first person of African-American descent to hold an international pilot license.

"I decided blacks should not have to experience the difficulties I had faced, so I decided to open a flying school and teach other black women to fly."

"I refused to take no for an answer."

"The air is the only place free from prejudices."



Top 5 Strengths & Positive Characteristics

Bravery, Ingenuity, Courage, Perseverance, Intelligence

Aminata Conteh-Biger

Growing up in Freetown, Sierra Leone with her father, Aminata had a blessed life. All that changed in early 1999 when Aminata was captured and used as a sex slave by rebel forces for several months. Arriving in Australia in 2000, twelve years later she is the CEO of the Aminata Maternal Health Foundation.



"The word impossible doesn't resonate with me."

"Gratitude is a daily practice for me. I remind myself every day: "Aminata, what you have now, is what you once hoped for."

"I fought so hard to survive, so the idea of me not living my very best expression of myself, is an insult to my very existence."

Top 5 Strengths & Positive Characteristics

Gratitude, Resilience, Forgiving, Ambitious, Humanitarian

IN THEIR SHOES

Sir. Richard Branson

Entrepreneur Richard Branson launched Virgin Records in 1973. Today Virgin Group holds more than 200 companies in more than 30 countries.



"Business opportunities are like buses, there's always another one coming."

"You don't learn to walk by following rules. You learn by doing, and by falling over."

"My general attitude to life is to enjoy every minute of every day. I never do anything with a feeling of, 'Oh God, I've got to do this today.'"

Top 5 Strengths & Positive Characteristics

Creative thinker, Leadership, Vision, Integrity, Courage

Turia Pitt

Turia Pitt a part time model and engineer became trapped in a grassfire while running a 100 km ultra-marathon. Suffering excruciating burns to 65% of her body, Turia survived and is now a humanitarian, author and speaker.



"All I have to do is be consistent — do the work every day, and eventually I'll get there."

"Success doesn't happen overnight. If you're persistent and keep going after immeasurable setbacks — and despite your failures - YOU WILL GET THERE. That's not a maybe — it's inevitable."

Top 5 Strengths & Positive Characteristics

Consistency, Gratitude, Persistence, Acceptance, Grit

Nelson Mandela

Nelson Mandela became the first black president of South Africa in 1994. A symbol of global peacemaking, he won the Nobel Peace Prize in 1993.



"It always seems impossible until it's done."

"A good head and a good heart are always a formidable combination"

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

Top 5 Strengths & Positive Characteristics

Negotiations, Leadership, Intelligence, Self confidence, Independence

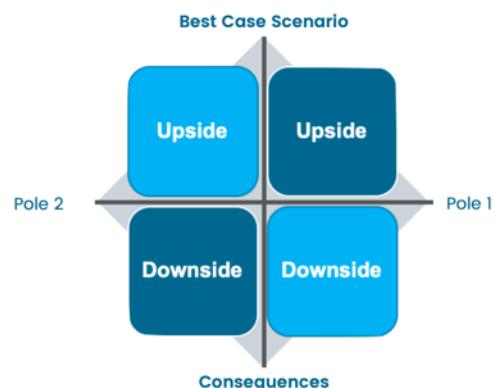
MAPPING POLARITIES

Another helpful way to shift your perception is to use a framework known as the Polarity Map created by Barry Johnson Ph.D. Mapping points of view allows you to step into the shoes of others to better understand where they are coming from, what is important to them, their unique needs and why they have their point of view. It allows you to see the world through their lens and work on a mutually beneficial solution.

Objective – Complete a Polarity Map with a partner or team.

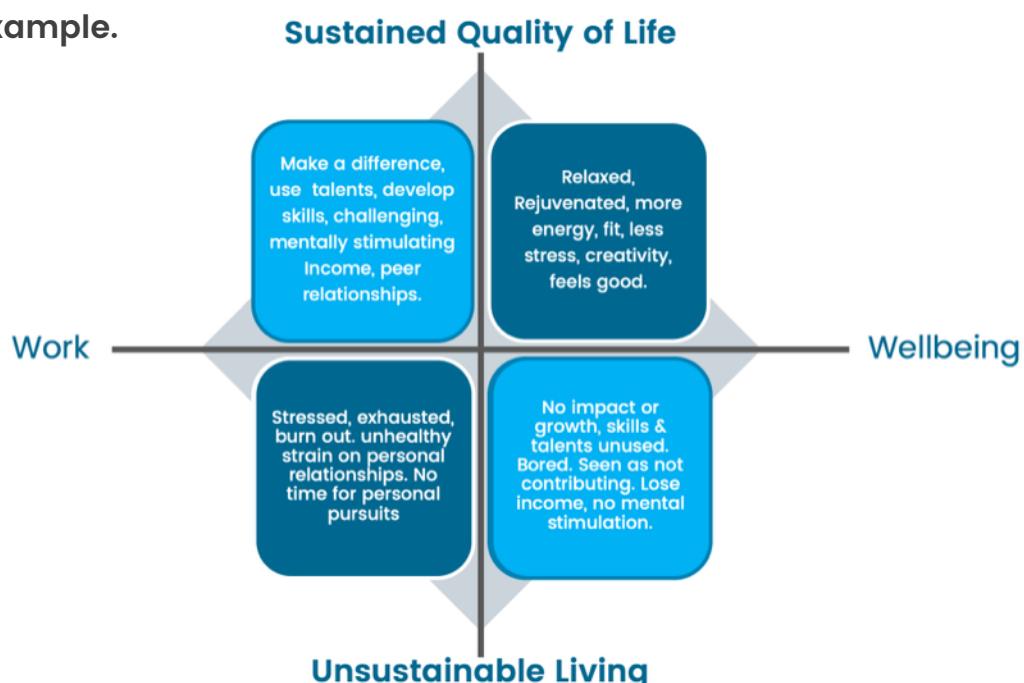
1. Write down an issue, disagreement or challenge that you are facing

Or choose a current affair such as Global Warming, Right to Life, Drug legalisation etc



Issue / Challenge:

Polarity Map Example.

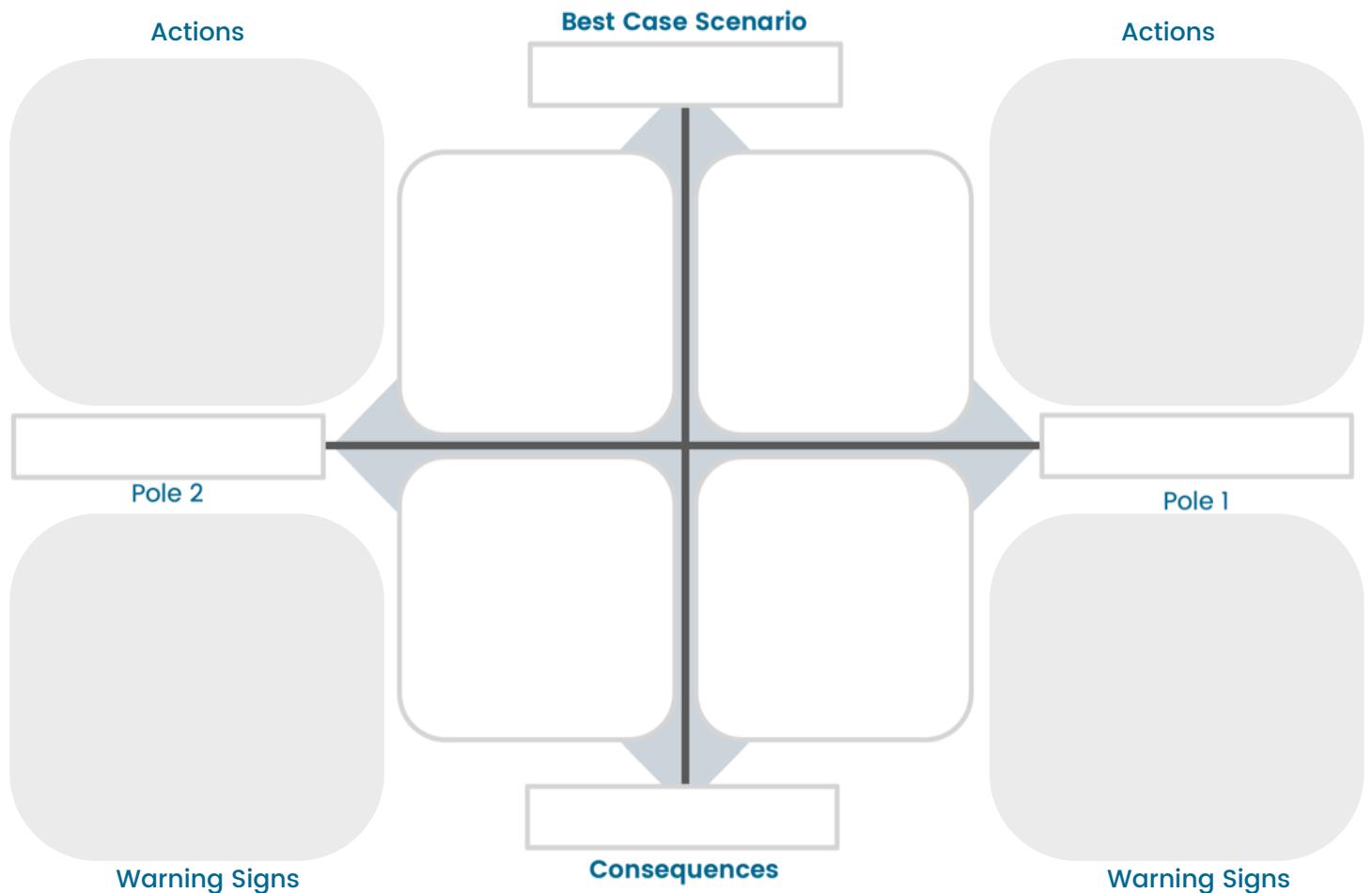


MAPPING POLARITIES

2. Label the two Horizontal poles and the Vertical axis with your best case scenario at the top and consequences at the bottom.

3. List the hopes and dreams of each pole in quadrants above the horizontal line.

4. List the fears below the horizontal line of the opposing pole.



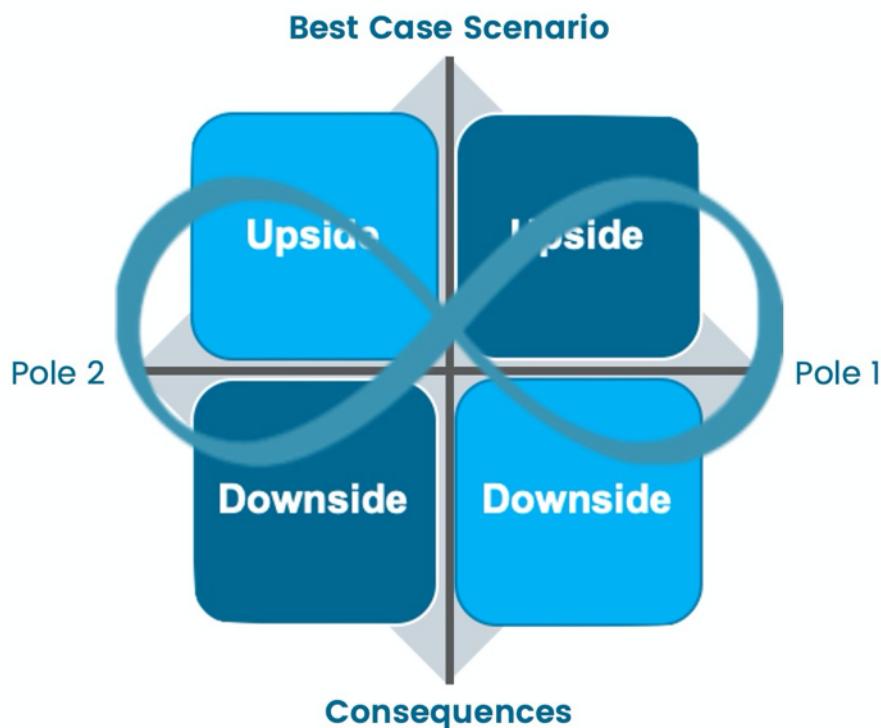
5. Decide on actions that will keep everyone above the horizontal as much as possible.

7. List the warning signs that will indicate you are falling below the line.

6. Agree to ways of measuring when you are above the line and when you are below the line. i.e how will you know that your actions are a success or a failure, what will you be seeing, feeling or noticing?

DYNAMIC SOLUTIONS

We overlay the polarity map with an infinity symbol. This symbol represents that there are no fixed eternal solutions to any of our complicated problems and that we simply continue to cycle in a dynamic way back and forth between them. The aim is to maximise how high above the horizontal you can cycle by making the most of both upsides and minimising the downsides.



The solution is to experiment with both options above the horizontal axis. Continually steering between both upsides without over committing.

- **Acknowledge that where you are going is not going to be free from difficulties.**
- **Support each other's values, hopes and dreams so that you can rise together.**
- **Agree on simple metric to measure your collective success and to know when you veer off course.**
- **Make a personal commitment to stay in the present without having to explain your emotions**
- **Remain uncommitted to your point of view and highly aware that there is always going to be information outside of your personal experiences.**

When you make commitments like these you become deeply present and poised in the moment, no longer allowing the stories of the past or future to influence your point of view.

Notes: