



Louise Bergeron
Certified Corporate Coach
The Art of Excellence
Louise@taoe.ca
www.taoe.ca



Wrinkles or Wisdom?

Perspective. It is powerful and it is ours to control. Some people will admit that they have difficulty controlling it and some will tell you they have no problem controlling it but if you listen, you often hear that it goes in one direction only. You hear things like:

“Poor me” “They don’t care” “Not again?” “That’s impossible” “Things will never change”... recognize those perspectives? Is this you?

Unfortunately, negative thoughts or perspectives seem to be easier to access for most of the population. (So if this is you, you are not alone...how is that for perspective!) Without boring you with facts and figures, let’s just say that only about 2% of people can naturally access what is called “appreciative intelligence”. In other words, a very small percentage of people will automatically look for the gift, the opportunity, the possibilities or hope.

When you think about it, today, there are more possibilities than ever! Yet, there seems to be more fear than ever challenging our perspective. Often times we don’t label it as fear because it disguises itself in a variety of ways. It shows up as anger, resentment, pessimism, jealousy, arrogance, aggression and in many other ways.

So what is fear and why do we have it? It serves us by sending us messages that something needs our attention. So we have these messages that come in and since our human brains have evolved from when we were neanderthals, we have the ability to process the message and come to more conclusions than just “fight or flight”. Without getting into a complete psychology lesson, let’s just understand and agree that Fear is always about the same thing. It is our perception of *not having enough or not being enough*. But is it the truth and is it the perspective that will best serve us?

If you had a choice, would you be and live in a place of gratitude and hope or would you prefer to spend your time living in fear and hopelessness? Would you love to be able to choose Faith over Fear all of the time? Would inspiration and aspiration serve you better than desperation?



Perspective is about choice and you always have a choice of which perspective will best serve you. There is a quote that goes like this: *“When you change the way you see things, the things you see change.”*

So if only a very small percentage of people access appreciative intelligence naturally, what about the rest of us? The good news is, like Emotional Intelligence, Appreciative Intelligence can be learned and behaviour can change. It is ready whenever you are.

Of course with any behavioural change, you begin with self-awareness. Try this: stop right now and take a quick inventory of your thoughts. Write a few of them down. Are they hopeful or hopeless, positive or negative? If they are from the dark side, how can you shine some light on them with some rewording? What would absolute faith and wisdom say about your negative thoughts? Write it down. Do you feel relief when you read your revised perspective? Relief is the indicator that you are on the right track. Thoughts, words and perspective...they can work for you or they can work against you and don't underestimate the power of even the smallest negative thoughts. They are often the ones that don't ever go away and do the most damage!

So if your negative thoughts seem to be controlling your day and robbing you of your personal energy, give yourself perspective pauses each day. Keep a small journal and jot down your thoughts. Take some time to rework them with an infusion of hope, faith and inspiration. If a journal isn't feasible, try doing it by just stopping your thoughts as they come up in your mind. Consider them “mandatory self-care pauses” (there's that perspective again!)

This morning as I was in the mirror, getting ready for my day, I stopped a thought dead in its tracks! I chose to stop and change what I was seeing.

Uhm...will you look at those wrinkles...STOP! Whoa! Will you look at that wisdom... that wisdom looks and feels great!