

Episode 16 – Naturally Creative, Resourceful & Whole



Use the process outlined below to experiment with the perspective of “naturally creative, resourceful, and whole:

1. Choose a relationship, not your most difficult one, but one you want to experiment this perspective with.
2. Now, take this experiment in to your next interaction with this person. Be aware. Observe yourself in that relationship. Be present with the other person but also very aware of yourself. Notice, what do I tell myself about this person?
3. At the end of the interaction, spend five minutes with a notebook, quietly, by yourself, and capture the thoughts and words you were telling yourself about their capabilities/performance. For example: They are always late, They never listen, They have no regard for deadlines.
4. Are you willing to be willing to shift the relationship? Can you be willing to consider that they are naturally creative, resourceful and whole?
5. Now, bring in new thoughts: “Just like me, they, are naturally creative, resourceful and whole.”
6. Practice, outside the interaction, experimenting with this relationship. For example: Use a mantra such as: “They are capable.”
7. Now, ask yourself, “what are two questions or two things I can say to draw that out of them?” Example: If you had all the confidence you needed right now, what would you think or do differently? “They are aware. He is responsible. Maybe the thing to do is not say anything.”
8. What would you say to them if you knew they were naturally creative, resourceful and whole vs. see them as unreliable and unresponsive with a fear they will be missing a deadline? I know you’re capable of having this done by Friday. I’ll be over here if you need anything.
9. Now go practice that with them.

We’d love to hear how it goes!