

## Session 13: Field of Vision & Change?

***“Positive change is good...it is never easy, and always takes longer than we anticipate.”***

- **Our Field of Vision: How Clearly Do We See?**
  - It becomes evident to me that my field of vision is insufficient
    - I don't know what's good for me
    - What I believed would be the two worst things that could happen for me wound up creating extraordinary opportunities
    - When I stopped trying so hard to hold onto something that was not to be held onto, I could see things that were obscured from my vision
    - All I could see was this problem, and all I could do was try to force a resolution
  - If my field of vision is insufficient, then am I able to recognize opportunity, or am I frozen by my one dimensional vision?
    - The fear of losing what I've got or not getting what I wanted becomes all I can see
    - When somebody is not doing what I want them to do, in the way that I want them to do it, and I think it's wrong, my field of vision is obscured
    - I find myself frozen behind that wall of fear with a skewed vision of what the opportunities were
    - As soon as I stopped focusing on that problem, though it is so hard to say, “Thy will be done, oh Lord, and not mine,” and let it go:
      - I made myself available to opportunities that I would not have been available to
      - As long as I am wrapped up in fear, I am not going to see new opportunity
      - Separating myself from the problems, I was able to see solutions that I could not see before
  - Is your field of vision obscured?
    - Might there be a remarkable opportunity right behind that obscured view?
    - Might there be a real chance for a breakthrough, and yet being frozen by that wall of fear, it might be that that opportunity is slipping through your grasp?
  - Analyze things in your life that might not be going the way that you want them to go right now, and see if you can find, in those very situations, moments of opportunity
- **The Need For Change**
  - The same person, associated with a new or changed opportunity, will be unlikely to gain *dramatically* different results
    - The opportunity with various companies within a given industry is very similar
      - *I am the problem*, not the opportunities, the company, the personalities
      - *Until I recognize that I am the problem...I will have taken the problem with me, and there won't be a dramatically different outcome*
    - To go from a company that is in a moment of travail to a company that is in a moment of opportunity is very short sighted
      - The wheel will turn
      - The cycle will become complete

- The person needs to change
        - As a person experiences positive change, he or she is then able to more fully access the values of various opportunities which life presents
- “Change is Good”
  - *Some* change is good, some change is bad, based on perception and circumstance
  - My view: “Positive change is good...it is never easy, and always takes longer than we anticipate.”
  - If I am willing to admit that in order to have greater outcome, it is me that must change, then what I have to do is identify a process of change
- The Process of Change
  1. Decide to change...and repeat that decision one day at a time...for a long time
  2. Identify a role model or role models who embody the change that you would like to experience
  3. Ask for help – become willing to listen to the guidance of other people
  4. Make yourself available for help: *Am I willing to do that which is required to achieve the outcome?*
  5. Accept that help – don’t push back
  6. “The skill to do comes from the doing”
    - *...the failing to do will cause those skills to atrophy...*
    - *Having now been taught by the role model(s) what the change is, what my action needs to be, I accept that, and then I begin to act upon it...and not measure the outcome, but measure the activity, because the real, long-term outcome, that I am assured of, is that I will develop the skill, develop a new character attribute*
- **19 Days**
  - There are 19 pivot point days in my life, where, as a result of arriving at that point, being well prepared, and making the proper action, my life was changed dramatically
    - What I have to do is treat every day like it might be the 20<sup>th</sup>
    - I have to be prepared, just in case
  - How do you value every day?
    - Do you suit up and show up because it might be that day?
    - Do you make yourself eligible for today and tomorrow to be number 20?

***You can have it all!***

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