



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 10: New Thought

Exercise I: The Perspective We Choose

Circle the lenses you personally identify seeing life through?

Fear lens Comparison and Competition lens

Scarcity lens Resentment lens

Perfectionism lens Indifference lens

Inferior or Victim lens

(do the following for each lens you identify with)

How is looking through the _____ lens holding you back? How does it affect your relationships? How would shifting your perspective change things for you?



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Exercise II: Change your lens, change your story

I love the work The Energy Project has done in offering an effective way you can change a story by viewing it through any of three new lenses. Think of a situation in your life that feels limiting, disempowering, or self-fulfilling. Write about it here:

Now, ask yourself these questions:

Reverse lens: "What would the other person in this interaction say and in what ways might that be true?"

Long lens: "How will I most likely view this situation in six months?"

Wide lens: "Regardless of the outcome of this issue, how can I grow and learn from it?"