

unthinkable ideas

adapt

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adaptation

Adapt
Share with the team any exciting new products, or services you have experienced recently from beyond your industry.

Share the key attributes that made it so exciting.
Now ask if you could **apply** some of the attributes in a part or your business.

Do the opposite.

When stuck for ideas to a problem, do the opposite. If you're trying to work out how to stop going over budget, list out all the things you can do to purposely go over budget. Now write out the complete opposite for each action you've identified and see if you can use that opposite action to solve your problem.

reverse it

unthinkable results

act

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actions

How would the new you act?
What would a normal day look like for the new you? What actions and activities would you demonstrate? How would you go about prioritising, organising and actioning tasks? How would you talk, how would you move?

How would the new you interact with others?

What would you say to people, how would you say it? What type of questions would you ask? How would you make other people feel? How would you treat them differently to now?

interactions

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Remind yourself - what do you want to change about yourself? Admit to yourself the behaviour that you've been demonstrating that you want to change. What type of person do you want to be? Is how you are behaving now the type of person you want to be? Behaving the way you have in the past has not been loving to you. **Say change** & decide to change.

Think like someone else
Think of someone you admire. What would it take to think like this person. What type of self talk would they have? What would they say to themselves? How would they think about a problem or a situation? How would they approach your challenge?

think as a new person

**re-
mind
yourself**

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think

unthinkable mindset

Grateful - If you want to be open to the possibility of creating a new reality for your future you need to have a mind state that is open to it. The new you has already happened, how grateful would you be? How would you express this gratitude? Right now experience this gratitude as if you have already changed. Go ahead and believe it. Express that gratitude right now.

How would the new you feel? - If you are the new person that you want to become how would that feel like? How would it feel to wake up in the morning? How would it feel to take the actions that the new you would take? How happy and excited would you feel? What other emotions could you feel?

energy

grateful

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feel

unthinkable energy