

5 TOOLS TO ADAPT & REFOCUS

1) PERSPECTIVE CHECK

Our thoughts create our reality, so let's ensure we are creating the reality you want.

Ask yourself these questions:

- What end result are my thoughts supporting?
- Is this the end result that I want? If no, what would I prefer?
- How can I reword my thoughts to support the end result I want?
- What can I do, to work towards the end result I want?

2) OPTIMIZE WHAT IS IN YOUR CONTROL

"Adapting" does not mean you must reinvent the wheel. Use this time to seek out what will remain a key component of what you do, and work to make those areas more efficient and productive. Allow yourself to build confidence in areas of continuity, while adapting to areas of change.

3) FOCUS ON OPPORTUNITY

Too often, throughout times of change, we focus on everything that we are losing. We struggle with our status quo being shifted, and we compare our present to the past. Rather than falling into this trap, challenge yourself to focus on what you stand to gain from these changes, what exciting things the future holds for you, and what your new circumstances are GIVING you. This one can feel tricky, but I promise it's worth it.

4) EXPERIMENT WITH CHANGE

Give yourself the time and space to experiment with new changes that you could make. When we allow our adapting and adopting of change to be a fluid and an imperfect process, that involves learning through purposeful trial and error, we open ourselves up to being our most creative and innovative selves.

- Challenge yourself to think outside the box and find new ways to solve old problems
- Play with the question "what could be possible if?" and give yourself permission to explore.

5) INFUSE YOUR REALITY WITH HAPPINESS

The Broaden and Build theory tell us that our brains are designed to be more creative, productive, resilient, motivated, efficient and aware to our surroundings when we are primed with happiness (yes, its science!) Working with and through change can feel overwhelming and stressful at times, which is the opposite of happy, and therefore creates a non-ideal working environment. The key to success navigating through the adaptation process, is to add doses of happiness to your work day (i.e. listen to music, have a dance party, work from outside, take a ping-pong break – use your imagination); be happy and reap the benefits!

Schedule a FREE coaching call to help you ADAPT & REFOCUS with purpose!

<https://calendly.com/paigelawrence/consultation>