

15 WAYS TO GAIN A Fresh Perspective



Protect yourself from bad information. You are what you eat *and* the information that you digest.

Get a dose of reality. Seek the truth. Venture outside your comfort zone. Challenge your opinions.

See the big picture. Don't get buried in the details.

Be objective. Encourage diverse viewpoints. See things from all angles. Compare and contrast without bias.

Control your mindset. You can't control everything. But you can control your response to things.

Remain calm. Don't let your emotions get the better of you.

Have no fear. Ask yourself, "What's the worst that can happen?"

See problems for what they are. If it won't matter in a year or two, it's not worth the worry.

Look ahead. Look forward. Leave the past behind.

Think for yourself. What makes you think others know better?

Be open-minded. Celebrate diverse backgrounds, experiences, and ideas. Challenge the status quo.

Get in the right frame of mind. See the bright side. If you think you *can't*, you *won't*.

Set priorities. Focus on things that matter.

Measure progress. Being busy is not the same as being productive.

Be introspective. Own your life. Look in the mirror. Be honest with yourself.

