

Chapter One - Creating Stories That Generate Success

“Until recently we’ve only been able to speculate about story’s persuasive effects.

But over the last several decades, psychology has begun a serious study of how story affects the human mind. Results repeatedly show that our attitudes, fears, hopes, and values are strongly influenced by story.”

~ Jonathan Gottschall

Welcome to Level One where we explore creating a solution driven mindset. This is the first of three modules in this level and our focus is on storytelling.

Here’s why this is so important that it deserves first place in our book, the game, and this digital workbook? A thriving, solution-driven mindset is not dependent upon circumstances. In fact, a thriving state of mind enables you to create the experience you want or need, particularly when things become difficult.

How do you do that? With the stories that you tell.

By the way, we give you a game challenge for every module, delivered via video and audio programs. Each module prepares you to practice on your own, but we provide a simulation and some advance trouble shooting to make this easy.

GAME CHALLENGE ONE:

Create and act out a different story to generate a more productive experience.

We’re going to consider 11 learning components in this first module. Learning about the power of story will help you develop a strong foundation for the entire program. Here is what we’ll be exploring together:

1. Why Stories Matter
2. Our Brains are Wired for Storytelling
3. Confusing Facts with the Meaning We Impose on Facts
4. Becoming Entranced by Stories
5. The Science of Habit Creation
6. Human Beings Have a Tendency to Lie

7. We Can Become Addicted to Our Own Stories
8. How Forming Coalitions of Agreement Can Obscure the Truth.
9. Gossip Poisons a Culture and It's *Your* Job to Stop It.
10. Self-Talk is Powerful—It Can Take You Down or Build You Up.
11. The Stories You Create and Live Can Transform Your Life.

We have a lot to cover to get you ready for your first game challenge. Let's go!

1. Why Stories Matter

*Imagine being able to generate stories
that help you produce a thriving experience each day.*

According to anthropologists, storytelling is central to human existence. Without even thinking about it consciously, we use stories to create meaning and relay information, to form relationships *and* to strengthen interpersonal bonds.

The fact is that whether we realize it or not, we are constantly telling stories about ourselves and others, about what's possible and what's not possible, about whether it's worth it or not to put effort into something.

But, did you also know that your stories actually create your experience?

You're not really experiencing life, as some kind of objective reality. You're experiencing life *subjectively*, through the lens of your own storytelling. And, this is where it gets interesting . . . you have the power and ability to create different stories, to see and interact with situations more productively.

Telling different stories creates different experiences.

This introduces what we believe is one of your primary opportunities and responsibilities as a leader, at work and in life. We're inviting you to take charge of your own state of mind. You do this when you learn how to create and model stories that enroll others as productive collaborators in the thriving outcomes you develop together.

Dan Schawbel, writing for Fortune Magazine, revealed that "many top organizations are now teaching their leaders and executives the art of storytelling."

Why would they do this?

The five most commonly used purposes of storytelling in business are

- Inspiring the organization
- Communicating a vision

- Teaching important lessons
- Defining culture and values, and
- Explaining who you are and what you believe.

We can do all this and more, with effective storytelling. And we're just not talking about the words we speak. We're talking about the stories we live, the stories that play out through our actions *and* our words; behaviors that communicate our version of what's going on to others and whether we value and respect them.

2. Our Brains are Wired for Storytelling

What if you could learn to create stories that enable you to effectively handle challenging situations while consistently engaging your colleagues and family members in shared success and satisfaction?

Does this sound like tall order? Perhaps. Or, you may already be doing this. The question is, are you doing it regularly and intentionally?

So, what if you could learn a storytelling skill to make success consistent? You can. All of us can. Here's how.

For most of us, this process of creating and telling stories is so automatic that we don't even realize we're doing it . . . but we are . . . *all* the time. In fact, research tells us that we are hardwired for stories.

It's as if our brains can't *not* engage in creating ongoing stories about what's happening. A landmark study performed at the University of Massachusetts stated that, "So powerful is our impulse to detect story patterns . . . that we see them even when they're not there."

What many people don't realize is that our brains experience the stories we make up as if they were *real*. How is that possible? According to psychologist, Pamela B. Rutledge, "To the human brain, imagined experiences are processed the same as real experiences. Stories create genuine emotions, a sense of being somewhere, and behavioral responses."

What's equally amazing is that from watching real-time MRIs, researchers can see that even when we imagine ourselves or another person performing some action, our brain lights up just as if we were performing the act ourselves.

This tells us that our storytelling is a powerful ability . . . so powerful that top athletes and musical performers utilize visualizations to practice and improve.

Now, knowing how powerful our story-making ability is, pause to ask yourself this question: "How often am I making up stories throughout the day?" Follow up with an even more important question: "What type of stories am I telling?"

Asking and honestly answering these two questions are essential for meeting your Thriving Game Challenge this week. You're going to need a target for your upcoming simulation and practice, so let's create that right now.

Think of a current situation where you experience regular frustration.

Perhaps a colleague is being difficult; maybe it's a direct report, or family member. Maybe it's persistent problems with a situation, a policy, or a system. It could be your car or computer or phone. We all have a few of these frustrating situations. Pick one.

Now, imagine yourself there, right in it, and ask yourself: "What are my thoughts about this person or situation?"

Here's your first thriving pivotal learning moment:

**Your thoughts *about* that situation or the people involved
are the result of the story running in the background of your mind.**

So, where did that story come from? You created it, unconsciously. How did that story impact what happened? It influenced your attitude, your beliefs, and your behavior about what was going on. That story determined the choices you made.

The story you told about what was happening determined the way you experienced what was happening. Let's learn more about how that happens.

3. We Alter the Facts Based on the Meaning We Impose on Those Facts

*Imagine being able to quickly distinguish between the actual
facts of a situation and the meaning you are imposing on them?*

As long as we fail to understand that we're experiencing our stories about facts, and never just the pure facts,

We can mistake *our* version of the facts for the absolute truth. Since we all tell different stories, we all see the "facts" differently. Conflict between us may not be about the facts, but our different stories *about* the facts.

As a leader, one of your most important responsibilities is to assess situations accurately so you can respond effectively . . . and help others do the same. But how can you do that when the situation you are assessing may be distorted by the story you have told about it.

This can generate confusion about what caused the outcome vs what was merely correlated with the outcome and then further confusion about how to make improvements?

Let's reference a simple scenario that most of us have encountered: driving a car in traffic. When someone cuts you off in traffic, what story do you tell? Most of us react instinctually and make up a story about why they did it. We assume they are "rude" or "careless" or perhaps even "malicious."

You might go on to write another module in your story with some dialogue, imagining what you'd like to say to them. Maybe you voice your thoughts out loud. Or, you might even make a gesture of some kind. You've probably seen other drivers do that. Maybe even to you. But let's focus on your *experience* of being cut off in traffic. Here's what's really going on.

Your reaction is based on a *story* you made up about what happened and what you made the facts mean. There could be other reasons for why they cut you off. But if you're emotionally triggered, it's difficult if not impossible to realize that your story simply isn't true. The real truth is:

**There are always differences between the
facts (someone cut me off in traffic)
and the meaning you impose on those facts
(they're rude or drunk or out to get me).**

Here's the thriving revelation: this is happening all the time. Remember, we humans are wired to tell stories; we tell stories all the time. And, here's what's so impactful about that.

4. We Can Become Entranced by Our Stories

*What if you could develop the ability to notice
whenever you started to unconsciously fall
under the influence of your stories by assuming they were facts?*

In our coaching and consulting practice we find that people often become so hypnotized by their own version of the facts that they become blind to obvious alternatives even when those alternatives might help them resolve a dilemma.

How does this happen? It's self-hypnosis and, as advertising executives and political campaigners know, most people are easy to hypnotize because they are in somewhat of a trance most of the time.

This also helps explain why it is that our need to believe that we're right can blind us to seeing alternatives to the stories we've told. And, this works two ways. We can convince *ourselves* that our story is true or someone can convince us that their story is true.

Here's what a thriving leader does. He or she pauses, steps back from an assumed or contested truth, and asks themselves:

“Do I know for a fact that my story, or their story, is totally accurate?”

The answer, if we're totally honest, is "no." There are bound to be some details and perspectives we've missed. Pausing for this kind of inquiry, which can lead to decreasing divisive conflict and increasing effective collaboration, can become a thriving habit.

5. The Science of Habit Formation.

Imagine being able to trade habitual, dysfunctional stories for new productive ones to produce a thriving experience.

We've all likely found ourselves stuck in repetitive patterns that lead us down familiar paths toward results we don't like. Over and over again, right? So, why do we get stuck in routines that frustrate us and keep us mired in mere survival in some areas while we thrive in others?

Let's learn from recent brain research. Numerous brain studies suggest that our habitual actions

form neural pathways that become like superhighways in the brain. These pathways seem to light up automatically whenever a familiar choice or scenario appears. This means that

- It's easier to drive the same route than a new one.
- It's easier to tell the same story than a new one.
- It's easier to *recreate* a familiar experience than to create a new one.

But there's also some good news in here because our brains can change. It's called "neuroplasticity."

- We can redirect our thoughts
- We can grow new pathways
- We can tell different stories
- We can generate new experiences.

How do we make this happen? With practice.

Habits develop through repetition.

We'll start that process in a moment when we initiate your first simulation. But first, let's consider another learning component related to the science of habit formation. We don't just believe our stories about the facts, we can also become addicted to them.

6. Human beings have the tendency to lie.

Imagine developing the ability to catch yourself any time you altered the truth?

Why do we make stuff up? Social pressure, or the pressure to perform head the list of reasons. As another study at the University of Massachusetts, Amherst confirmed, “We all tend to “morph” or change our stories to fit the circumstances or the audience.”

After all, we all want to be liked, to please or impress others, or stay in people’s good graces. It turns out that we use our stories to do that... all the time.

So, the question is, are you susceptible to this kind of story “morphing”? Hopefully you answered “Yes,” because all of us *are* vulnerable to this phenomenon. In fact, studies have shown that:

**Even when we *knowingly* alter the facts of a story,
if we tell it regularly enough we will eventually believe our lie.**

One of the hallmarks of a thriving leader is that they are trustworthy. What they say actually aligns with what’s true for them. It may not be possible to be totally accurate all of the time, but if we want to maintain the trust and loyalty of our people, we need to be seeking and speaking the truth consistently.

But we have another problem to deal with, relative to our storytelling.

7. We can become addicted to our own stories.

What if we were unconsciously addicted to our version of “the truth?”

Brain science explains how this happens.

The more we repeat a pattern of behavior (including making up a story), the more our neurons establish a “firing pattern.” And, as the science nerds like to say these days: “What fires together wires together.”

With repeated firing and the wiring it establishes, we can become so deeply- programmed over time that some scientists do consider habitual behaviors a form of addiction.

In fact, some researchers suggest that the *stories* we repeat over and over again to others, or to ourselves can become addictive because they stimulate the same areas in our brains as addictive physical substances. Remember, the brain can’t tell the difference between thoughts and stories and experiences.

In other words, our thoughts and stories become our experiences. So, what can we do about this? We can establish *new* firing patterns.

For example, we can practice catching ourselves on the verge of altering facts or imposing meaning on something that's just happened. That would mark the start of a new habit. But new habits require repetition to replace old ones. And that repetition must continue in an unbroken pattern.

If we've tried and failed at this, here's why: When we stop creating the new firing pattern before it's become a well-established neural pathway, the old firing pattern will resume as soon as a familiar trigger shows up. So, practice is essential until the new habit becomes strong enough to replace the old one.

The new habit must become automatic.

This is how you integrate this software upgrade for your mind, by repeating the challenge practice of creating stories to generate success – that's what we call this first practice - often enough to form new neural pathways and create this new habit.

There's yet another danger, relative to our storytelling habit.

8. Our tendency to form coalitions of agreement often obscures the truth.

What if you could avoid rallying others against someone you had an issue with?

When things don't go well for us and we target someone to blame, we have a tendency to form coalitions of agreement and commiseration. In other words, we invite others to join our hypnotized state and spread our limiting story.

This tendency to seek comfort and friendship with people who we can persuade to share our same point of view and who reassure us that they're on our side is common survival strategy.

It's natural to tell stories and it's natural to seek agreement and forge relationships around shared meaning.

But why not form coalitions that create *thriving* experiences for yourself and those you lead? This is a good question to ask before you begin to form one of those coalitions, which, BTW, always starts with gossip.

9. Gossip Poisons a Culture and It's *Your* Job to Stop It.

Imagine creating a safe environment where no one trash talks anyone else.

Gossip, regardless of the seeming “truth” of what’s being said, is one of the most destructive forms of storytelling there is. In our experience, nothing sabotages a team, organization, or family faster than gossip.

Thriving leaders take a stand and adopt a zero-tolerance policy regarding gossip. Instead of getting sucked into gossip, we recommend this attitude toward each other:

“I’ve got your back!”

Here’s how it works. When someone approaches you with unfavorable comments about another person who’s not present, you ask, “Have you spoken to them about this?”

Almost invariably the answer is “no.” Your next response is simple: “You really should go speak with them about this.” If the person says they *have* already spoken to the other person, you can respond this way. “It sounds like you need to talk with them again.”

You can also offer to be present to facilitate the conversation, if they feel that could help. This simple practice creates a No Gossip Zone around you and any others who engage with you this way. Remember, thriving environments are not possible where gossip exists, especially when it creates unhealthy coalitions.

We’ve explored the stories we tell about situations and about others. What about those stories we tell about ourselves? What about our self-talk?

10. Self-Talk is Powerful: It Can Either Take You Down or Build You Up.

What if you learned how to be your own best coach?

Some of us utilize the services of a coach or a mentor. We provide that for clients and we have our own coaches. We advise that this is helpful for every leader. But we can actually help ourselves as well by examining our self-talk.

The stories we tell ourselves *about* ourselves will either produce a thriving or surviving state of mind. Remember that our unconscious mind can’t distinguish between fantasy and reality.

Make sure that your self-talk supports thriving stories that encourage you to move forward productively.

And, as we’ve been emphasizing, it’s all about repetition. If you catch yourself trash-talking yourself – which we all do from time to time – simply stop and silently say

“Cancel that.” Then, author the kind of statements about yourself that you would make to someone you care deeply for. This may seem silly when you first do it because it’s an unusual thing to do, but clients report that when they repeat this often enough it becomes a new, automatic habit.

11. You have the power to transform situations with the stories you tell and act out.

Imagine you developed the ability to re-write the story of your daily life in real time.

Because we can spontaneously impose meaning and reframe situations with little if any practice, we can transform our experience of any situation by changing our story about it.

We call this practice: Creating stories to generate success. We’ll take you through the details of this practice, then run a simulation with you, do some advance troubleshooting, and kick you out of the nest to see if you can fly!

BTW, you’ll find a worksheet of these instructions in the download section for game module one. We suggest you print it out as a guide for your practice. It’s also included at the end of this module and we provide that for every module of this Digital Workbook.

SIMULATION ONE: Creating Stories to Generate Success

Let’s start with a fictional example, to give you an example of how to run a successful thriving simulation.

SITUATION: Monday morning meetings are boring and nobody wants to be in the room.

YOUR OLD STORY: This is such a waste of time. I wish we didn’t meet. How can I distract myself so the time goes by faster?

YOUR PAYOFF: I get to feel superior.

THRIVING REALIZATION: Hey, I’m making this up. I could make up a new story. Here’s where you realize that you can create a new script. You’ve owned your story. You realized you were living it and that it was not enjoyable or productive. Now you can choose to create a new story, to produce a better outcome.

UPGRADING to a NEW STORY: Monday morning meetings are my opportunity to find unique ways inspire others and to contribute. How could I do that?

Notice that your new story includes a question. After committing to something different, now you have to make it up. So, let’s walk you through this process with your *own* situation now.

1. Recall a current situation where you are presently experiencing difficulty or frustration.

Pick something significant but not overwhelming. The challenge is to shift your experience of this situation from surviving to thriving by the end of the week. So, start with something that's a little easier – we're looking for some quick easy wins here. Then you can move on to more significant challenges as you increase your level of mastery.

2. Identify the story you've been telling about the situation and the people in it.

Based on your attitudes and beliefs about the person or situation, what story have you been acting out? Is it a drama, a thriller, a dark comedy, a complex romance, a disaster movie? What role are you playing? You might be a frustrated boss, a disgruntled employee, a disinterested bystander, a concerned brother, etc. What roles have you assigned to others? Have you cast an oppressor, a weakling, a traitor, a best friend, etc. We'll give you a few moments to muse about this.

3. Ask yourself: "What's my pay off? What am I getting out of this story as it's currently being played out?"

As you conduct this inquiry, you might realize that you're enjoying the attention, or that you're feeling self-righteous and proud, fighting the good fight, or that you are punishing someone for behavior you don't condone. There are always personal benefits attached to the stories we tell. What are you getting out of the situation you have created with your story?

4. Acknowledge that you are experiencing a story that you authored, not the pure facts, and that you can create a new story.

Remember how you've been using your imagination throughout this module. That was a warm up. Literally anything is possible in the realm of imagination, so set aside your skepticism – which is a story you might choose to tell at this moment, not really believing you have the power to change actual outcomes – and dare to be proactive, rather than reactive, during this simulation. This begins with acknowledging that, yes, you are experiencing your story about this situation.

5. Upgrade to a new story.

Here's where you begin to create a new, more effective story. Imagine a positive outcome for this situation. What might that be like? How would you like it to be different than it has been? Think of the people involved. Picture them pleased and productive, yourself too, of course. Now, working backwards from this new ending, start rewriting. What might lead to this situation being resolved, with everyone feeling positive about how their needs and interests were respected and addressed?

Use the same technique professional storytellers employ: start writing from the end. When you know the outcome you want, it's easier to navigate towards it.

What's the new ending that you're imagining for this story?

You might be solving a relationship challenge or completing a difficult project. You might have a health issue to address. The challenge is to acknowledge a negative story

you've been telling about some situation and tell a different story that you imagine could end in a more productive, positive way.

What role do you need to play for things to redirect towards this destination? What will you do and not do? What will you say and not say that will lead to the outcome you just imagined? This is the internal work your character does to set up for a breakthrough. It's a moment in movies that we always enjoy, when we begin to see the hero coming out.

Who will you need to partner with to help you stay on track? Is there a friend or colleague who can support you to act out this new story? Can you partner with someone directly involved in the situation and share your desire to have the situation revolve productively? Imagine finding and aligning with a trusted ally.

See yourself experiencing things going the way you'd like them to go. This is the technique coaches have athletes use to bring their mind and body into coherence: they see the goal already successfully being accomplished. Imagine yourself smiling and feeling good—maybe even being amazed—at how well this is turning out. Feel the sense of gratitude, relief, and appreciation you have because it's gone so well.

**Soak in the feeling of your success ...
imagining that your challenge
has been successfully completed.**

You just generated a new story to create a new experience. Now, whenever you think about your situation during the week remember this simulation. Replay it and enhance it so you can access and deepen the feeling of success. Then act from that thriving mindset. Keep the new story alive to change your experience of the situation.

All right, your simulation is complete and you can revisit this whenever you like. This simulation has given you an experience of telling a different story to get a different experience. Before we turn you loose to master this practice in the 3-D world through daily repetition, let's review and troubleshoot for a few minutes.

What might go wrong with your Game Challenge?

You might not do it.

As the saying goes, if you don't change direction you'll end up where you're headed. And Einstein said that the definition of insanity is doing the same thing but expecting different results. Bite the bullet. If you truly want to thrive, you have to develop new habits. Here's the first one. As Nike says, just do it.

You might forget how to do it.

Print out the instructions. Listen to the audio programs. Re-watch this video. We're giving you the resources but you have to use them. If you've contracted with us for a package that includes personal coaching, shoot us an email or give us a call.

You might not get support.

Having a thriving buddy will give you a powerful advantage. If you can't find someone right away, just keep it in mind and someone may show up later, as you progress through the program, especially as it become obvious that you're increasing your time in the thriving zone. And remember, you're partner in this process might be someone at home or in your personal life.

You might over communicate about what you're doing.

Be wise about how much you say and to whom. Not everyone will applaud your efforts towards self-mastery. Anyone who has committed to mediocrity feels threatened when someone near them steps up to a new level. Also, resist the temptation to boast about your successes in this game. It's great to share with the right people, if you're heart's in the right place. The reason is to inspire them, not inflate yourself.

Your situation might not change much.

You don't have 100% control over your situation. Some problems are chronic and won't resolve in a week, or even a year. Instead of being disappointed, notice the difference in *your* experience of what's happening. That's progress. On the other hand, the situation might change quickly and dramatically. Great! Either way, learn from what happens, and celebrate. This anchors in the new habit as desirable and motivates you to repeat it.

OK. This completes our troubleshooting. It's time for us to wind up this video and for you to begin practicing.

Here's our recommendations for a successful challenge practice:

- Rehearse your new story throughout the week and remind yourself to play your new role.... especially just before you engage with your situation and those in it with you. This will give you a head start before you go live.
- Engage with your thriving buddy. You can talk things through with a friend or coach and even role play. Asking for help is not a sign of weakness; all good leaders know how to both give and receive assistance.
- Listen to the two brief streamable and downloadable audio files accompanying this module. In the first audio, we'll guide you through the simulation again, to further prepare for contact with the situation. The second audio is for reviewing your day.
- Download and print out the worksheet for game module one (it's also provided at the end of this module for digital review).
- Learn from the situation by taking full responsibility. When you engage, notice what's happening, seeing through the lens of an aware story teller. And remember, you're not just telling this story, you're acting it out.

GAME CHALLENGE ONE:

*Create and act out a different story
to generate a more productive experience.*

WORKSHEET FOR GAME MODULE ONE: CREATING STORIES TO GENERATE SUCCESS

1. Recall a current situation where you are presently experiencing difficulty or frustration.

Pick something significant but not overwhelming. The challenge is to shift your experience of this situation from surviving to thriving by the end of the week. So, start with something that's a little easier – we're looking for some quick easy wins here. Then you can move on to more significant challenges as you increase your level of mastery.

2. Identify the story you've been telling about the situation and the people in it.

Based on your attitudes and beliefs about the person or situation, what story have you been acting out? Is it a drama, a thriller, a dark comedy, a complex romance, a disaster movie? What role are you playing? You might be a frustrated boss, a disgruntled employee, a disinterested bystander, a concerned brother, etc. What roles have you assigned to others? Have you cast an oppressor, a weakling, a traitor, a best friend, etc. We'll give you a few moments to muse about this.

3. Ask yourself: "What's my pay off? What am I getting out of this story as it's currently being played out?"

As you conduct this inquiry, you might realize that you're enjoying the attention, or that you're feeling self-righteous and proud, fighting the good fight, or that you are punishing someone for behavior you don't condone. There are always personal benefits attached to the stories we tell. What are you getting out of the situation you have created with your story?

4. Acknowledge that you are experiencing a story that you authored, not the pure facts, and that you can create a new story.

Remember how you've been using your imagination throughout this module. That was a warm up. Literally anything is possible in the realm of imagination, so set aside your skepticism – which is a story you might choose to tell at this moment, not really believing you have the power to change actual outcomes – and dare to be proactive, rather than reactive, during this simulation. This begins with acknowledging that, yes, you are experiencing your story about this situation.

5. Write a new story.

Here's where you begin to create a new story. Imagine a positive outcome for this situation. What might that be like? How would you like it to be different than it has been? Think of the people involved. Picture them pleased and productive, yourself too, of course. Now, working backwards from this new ending, start rewriting. What might lead to this situation being resolved, with everyone feeling positive about how their needs and interests were respected and addressed? Use the same technique professional storytellers employ: start from the end. Once you know the outcome you want, it's easier to navigate towards it.

6. What's the new ending that you're imagining for this story?

You might be solving a relationship challenge or completing a difficult project. You might have a health issue to address. The challenge is to acknowledge a negative story you've been telling about some situation and tell a different story that you imagine could end in a more productive, positive way.

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What will you do and not do? What will you say and not say that will lead to the outcome you just imagined? This is the internal work your character does to set up for a breakthrough. It's a moment in movies that we always enjoy, we begin to see the hero coming out.

8. Who will you need to partner with to help you stay on track?

Is there a friend or colleague who can support you to act out this new story? Can you partner with someone directly involved in the situation and share your desire to have resolve the situation productively?

9. See yourself experiencing things going the way you'd like them to go.

This is the technique coaches have athletes use to bring their mind and body into coherence: they see the goal already successfully being accomplished.

Imagine yourself smiling and feeling good—maybe even being amazed—at how well this is turning out. Feel the sense of gratitude, relief, and appreciation you have because it's gone so well.

Enjoy this feeling for a few moments.

Let yourself soak in the feeling of your success. Keep imagining that your challenge has been successfully completed.

You just generated a new story to create a new experience.

Whenever you think about your situation during the week remember this simulation. Replay it and enhance it so you can access and deepen the feeling of success. Then act from that thriving mindset.

Keep the new story alive to change your experience of the situation.

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TROUBLE SHOOTING IN ADVANCE

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You might not get support.

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You might over communicate about what you're doing.

Be wise about how much you say and to whom. Not everyone will applaud your efforts towards self-mastery. Those committed to mediocrity feel threatened when someone near them steps up to a new level. Also, resist the temptation to boast about your successes in this game. It's great to share with the right people, if you're heart's in the right place. The reason is to inspire them, not inflate yourself.

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Recommendations for a successful challenge practice:

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Especially just before you engage with your situation and those in it with you. This will give you a head start before you go live.

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You can talk things through with a friend or coach and even role play. Asking for help is not a sign of weakness; all good leaders know how to both give and receive assistance.

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In the first audio, we'll guide you through the simulation again, to further prepare for contact with the situation. The second audio is for reviewing your day.

Learn from the situation by taking full responsibility.

When you engage, notice what's happening, seeing through the lens of an aware story teller. And remember, you're not just telling this story, you're acting it out.