"It depends on your perspective…"

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The power of perspective is astounding! At least that is the conclusion I have come to and maybe by the end of this article you will too. Today we live in a crisis climate and change is constant. So, how you respond and interact with the world around you determines your difficulty or joy on a daily basis. Which do you want? It could be just a matter of choice. According to Abraham Lincoln, “People are just as happy as they make up their minds to be.”

The following will illustrate the multitude of ways one’s perspective impacts their daily life and how to harness the power of perspectives to increase your quality of life to include your personal and professional pursuits.

Right now you may be thinking, is this another one of those “power of positive thinking speals”? Well… let the evidence speak for itself and you might call it the power of positive outcomes before you are through reading.

According to Robert H. Schller, “You are what you think about all day long”. This quotation speaks to the mind/body connection that, thoughts have an enormous impact on how we feel. For example, if you are thinking about your debt and how you might balance your finances, then you are likely holding onto limiting beliefs. However, if your perspective is one of “I’ll get through this. I’m just going to do things differently to get back on top”, then you are likely to focus on options to accomplish your goal.

Yes, this sounds like an over simplification but, it really can be this simple. Let’s look at it another way. Let’s say you find yourself in the open job market, but currently have been unable to obtain gainful employment. Think about some of the things that you always said you wanted to do, but gave yourself the excuse that you did not have the time to pursue those things because you were working. Now, that the excuse of no time due to work has been removed, you have the luxury of pursuing… the yoga class, connecting with old friends, brushing up on Excel, sending digital pictures and other technical skills or even starting to write that great American Novel. Now how does the thought of this feel?

Open -- Flowing -- Positive -- Full of opportunity?

Notice the shift from a sense of “I can’t” to “what can I do”. I can pursue those things I’ve wanted to pursue for so long!

So, either you are frustrated by perceived limitations or you are energized by seeking new opportunities. Which perspective do you choose?
On the lighter side, let’s put the power of perspective under the fashion microscope. In the 80’s the style was to wear a skinny tie. In the 90’s the wide tie became popular. Now again, the skinny tie is making a come back. To wear a fat tie in the 80’s would have been a fashion faux pas, to do so in the 90’s was the thing to do! What changed? The turning of years into a new decade made one style cool and one not… Was it the time change or the change in perspective?

Perspective is about how you choose to see the world around you. Having a positive perspective is about choosing to see the opportunity that exists outside of the current circumstance, providing you with limitless options.

So, is this idea of seeing through rose-colored glasses one of denial and avoidance? Absolutely not! By allowing yourself to see the opportunity, you are not focused on and therefore blinded by the challenge and mired in the negative mental context that goes with only seeing the problem.

In my last article, “Never say Never…” my friend while downsized 3 times in his career found new opportunity in each experience leading him to a more fulfilling professional life. Had he wallowed in each loss, he wouldn’t have been able to take on the new opportunities that led him to successively higher achievement and impact.

There is a school of thought associated with this idea as well, called the law of attraction. The basic premise is that one can attract what they “put out there”. Take the positive thinking approach as an example. My friend had full confidence that his next great opportunity was around the corner; he just had to be ready to meet it. With this positive mindset, he continually prepared himself for meeting the occasion by reading trade journals, attending seminars, networking and staying connected with the professional community. Now, had he wallowed in his circumstance with the perspective that this is not right, this should not have happened and resented the world for his situation, the behaviors to follow would likely have matched his feelings and so would future circumstances.

Make sense?

So now you might be asking yourself, how do I stay positive and put out the positive vibes when my circumstances seem so dismal?

It comes down to first recognizing your feelings. Upon recognizing that your feelings are ones of frustration, anxiety, depression, and anger, rather than joy, relaxation, optimism, and love you now have a choice to stop and ask the questions that will enable you to see your options.

First allow me to emphasize the criticality of recognizing these feelings. Without being consciously aware of your feelings, you remain in a state of being carried away by those thoughts and therefore no options exist in this state.
Try it today and see how easy it is… just 1, 2, 3.

**Shift Your Perspective Today:**
1. **Recognize the feeling**
2. **Stop and ask:**
   a. **Why do I feel like this?** (At first you may not even know)
   b. **Do I have to feel this way?** (The answer is inevitably, no)
   c. **What can I do differently?** (Make the your response work for you. This challenges you to shift your perspective toward the solution and away from the limiting problem)
3. **Pay attention and test different ways of seeing and doing** (Pay attention to how you feel. Positive feelings will be associated with actions that move you closer to your goals and inversely, negative feelings will be associated with actions moving you away from your goals.)

The power of perspective is limitless and so too are you!

It (all) depends on your perspective.