

Seeing With 20/20 Vision: Tips for Changing your Perspective in 2020

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1. Gratitude Journal:

Keep a daily list of 3-5 things you are grateful for. Try writing them down at night and compare it to writing them down first thing in the morning.

2. Is It True?

When you are responding to a situation in a negative fashion, step back and observe the situation as a bystander might. Ask yourself, "Is it true?" Carefully work on separating facts from your thoughts and feelings. Once you have the facts clear, decide whether changing your thoughts or feelings will get you your desired outcome.

3. Say It:

Say this out loud: I am good. I am enough. Use it as a daily mantra.

4. Which Archetype?

Whenever you wish you could behave differently in a given situation, consider which archetype (role) would be most helpful to you. What characteristics does this archetype have? How can you embody or make use of those characteristics?

5. Just for You:

For 5 minutes every day, do something that is just for you.

6. Set a Timer:

When you are upset or hurt, set a timer for 5-10 minutes (or maybe more, if needed). Allow yourself during that time to sit with your feelings. Acknowledge those feelings and let them flow through you. When the timer goes off, move on with your day (no wallowing!).

7. Disco, Baby!

Turn on some disco. I'm serious.

8. Acknowledgment:

Without judgement, acknowledge it all—the positive & negative, the beautiful & ugly. Emotions are not good or bad, they are just experiences. They don't define you. Once you acknowledge them all, choose which one you want to focus on.

9. Meditation:

Start a meditation practice or deepen the one you already have.

10. "Stop!"

When fears start to spin out of control, literally put your hand out and say (out loud), "Stop!" Then take some slow, deep breaths. Keep doing this until your fear/anxiety cycle slows down and you are back in control of your thoughts.

20/20 Vision:



11. Be Your Friend:

Think of your best friend. Would you talk to them the way you talk to yourself? Stop your self-criticism and judgement and start addressing yourself as you would a friend.

12. Visualize & Express:

Visualize what you want your new story to look like. Think of all the details of that new story. Then write about it, or draw, paint, sing, mod podge, etc. Express it!

13. Get Outside!

Go on a walk, jog, bike ride, whatever, just get outside for the sole purpose of being outside.

14. Remember:

When your situation feels dire, think back to another difficult time in your life and remember what you learned. Remind yourself that eventually you'll gain something from your current situation.

15. Strengths List:

Each day write down 3 things you are good at. Do it daily, for a month (or at least a week). And no repeats are allowed. You'll end up with a list of almost 100 things you are good at! Keep this list and refer to it often.

16. Thank You:

When you want to change a thought or behavior, imagine it as a person. Thank it for all the times in your life it helped you. Acknowledge it. Then, kindly tell it that you have grown up, you have new tools to work with, and you are in charge. Whatever help it gave you in the past is done, it can relax. Her/his work is done.

17. Character Sketch:

Write a character sketch, in third person, of yourself as the hero in your story.

18. Ask a Friend:

Ask 3-5 trusted friends or family members to describe you. How do they see you? What do they see as your strengths? Have them write it down and share it with you.

19. Does it Bring You Joy?

Does what you are doing/thinking ultimately bring you joy? If not, spend your time and energy elsewhere.

20. Two Stories:

Write about a time in your life when you did something, even though you didn't want to. What were you thinking and feeling at the time? Next, write the same story in 3rd person (as an external observer or author). See if anything changes.