



Own your creative power by developing an opportunity mindset

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“A shoe factory sends two marketing scouts to a region of Africa to study the prospects for expanding business. One sends back a telegram saying: SITUATION HOPELESS STOP NO ONE WEARS ANY SHOES.

The other writes back triumphantly, GLORIOUS BUSINESS OPPORTUNITY STOP THEY HAVE NO SHOES “

This excerpt is from the book, “The art of possibility”, by Rosamund and Benjamin Zander, and illustrates how mindset can impact how we see situations and respond to them.

In order to use your creative power to thrive in life you need to be thinking possibilities and opportunities. This is a mindset. You do not have to be particularly intelligent to think this way. You do not have to be a unique or extraordinary human being to think this way. Almost everyone has a brain that can think like this. You just have to train it to think possibilities and opportunities. And that means practice.

Your brain is wired by the experiences you have in life. If you grew up in a home where you sat down to dinner and the conversation was all about what was wrong in the world and how difficult life was, that is how you will be wired to think. If you sat down to a meal with your family and discussed new ideas, potential solutions to some of the problems you were facing as a family, and spoke about some of the fantastic actions people were taking to move themselves forward in life, you would have wired your brain to think in this way. If you think about successful people, they are usually not talking about what they are fearful of. They are talking about opportunities for themselves and for the world. They are focusing ahead on what is possible.

Now you may not be able to go back and change your past, but you can certainly do something about the present and future. And you can resolve to start thinking about opportunities. The more you do this, the easier it will get, and the more opportunities will seem to appear to you. You need to start engaging in conversations that are discussions around new ideas, creative and out-of-the-box thinking, and finding solutions to what is not working in life, rather than just complaining about what you don't like in life.

One way to develop your skill in seeing possibilities and opportunities is to use empowering questions first thing in the morning. Think of it as early morning mental gym. This is a technique used by many people all over the world. By asking ourselves targeted questions, we can focus our mindset for the day. By regularly doing this we can change our mindset over time.

Some of the questions you can ask yourself to start thinking about possibilities are:

- What is one challenge I am facing, and what is one possible solution to this challenge?
- What would I do if I had no fear?
- What would I do if I knew I could not fail?
- What does the world need more of?
- Where am I stuck in my thinking and habits?
- What is hopeful about my situation?
- How can I get this to work in my favour?
- What can I learn from yesterday?
- How have my experiences made me stronger?
- How can my experiences help others?
- What do I need to let go of?
- How do I have fun today? (yes, being joyful will make you more open to opportunities)
- What do people need to make their lives better?
- (If you have experienced a horrible event) How can I get this to work to my advantage?
- Who am I at my absolute best?
- What can I do that is really great today?

When we ask ourselves questions, the brain starts to think about answers. Answers don't always come immediately. This we know from the creative process. Sometimes we have to let things lie for a while and then later a solution comes. Like all things in life creating a new mindset takes practice. And in fact it takes continual practice. Forget about whether you are doing it right, and don't put demands on yourself. Just keep asking yourself on a regular basis questions that get you to think about opportunities, and you will develop the skill of becoming a person who finds solutions to all sorts of challenges, rather than a person who focuses on what is going wrong and regularly complains about it.

"The purpose of this glorious life is not simply to endure it, but to soar, stumble, and flourish, as you learn to fall in love with existence. We were born to live my dear, not to merely exist." ~ Becca Lee