

# EYE-OPENERS

## HOW TO SEE POSSIBILITIES, NOT JUST LIMITATIONS

Tunnel Visionaries are natural-born problem-solvers, but when we're stuck, it's because we can only see things one (negative) way. To expand our vision, we need to release our laser focus so we can examine multiple angles.



**UNSTUCK**  
Live better every day

## FIRST, EXPAND YOUR RANGE OF VISION

### If you're trying not to appear foolish, you're acting like a **Guarded Visionary**.

You need to practice vulnerability to open your mind. Start by letting your guard down with yourself. Answer a few revealing questions, then practice unleashing your thoughts.

- How do you protect your vulnerability: Do you get irritated? Lecture others? Clam up?
- What are you protecting: Fear of being wrong? Misunderstood? Unworthy?
- Do you ever chastise yourself for being that way? Tell yourself that in this moment there is no judgment, only reward for trying.
- Now, write everything that comes to mind about your stuck moment — good, bad, preposterous. Don't edit. When you want to stop, write for 30 seconds more.
- Practice again until you stop censoring yourself enough so the ideas really flow.

OR

### If you keep pushing forward but don't get anywhere, you're acting like a **Determined Visionary**.

You need to release worry to unlock your brain. Guided imagery helps you relax and takes about 10 minutes.

1. Think of a quality you want to experience, like confidence or calmness.
2. Get comfortable, close your eyes, breathe deeply.
3. Daydream of a beautiful, safe place.
4. Note smells, sights, sounds, time of day and year.
5. Think about the quality in step 1. Remember a time when you felt it.
6. Where do you feel that quality most in your body? Let it fill you. Let it overflow you.
7. Relax into the level that feels most comfortable. What thoughts or feelings would you like to hold onto?
8. Slowly return to the present moment.

(This exercise is based on a lecture by Dr. Martin L. Rossman, M.D., author of The Healing Mind.)

OR

### If all you can see is someone else's side of the story, you're acting like an **Influenced Visionary**.

You need to listen to your instincts to level the playing field. Here are three different ways to tap into your gut.

- Hydrate, eat a nourishing meal, and get eight hours sleep. Once you're refreshed, spend at least an hour alone and see what new ideas come to mind.
- Mix up your routine and take in new sights. Notice how it feels when you spot something inspiring or something distasteful and jot it down.
- Find a quiet place to do nothing for 5-10 minutes. Ask yourself: What am I ignoring that I know I shouldn't? Note how your body responds: What is it telling you?

## NEXT, LOOK AT IT FROM DIFFERENT ANGLES

**First, restate your stuck moment with a new frame of mind:** Start with "How to" or "How might I" to turn it from a complaint into an action.

**Then, ask these questions:**

- Who could give me more or different information about this?
- What is a similar stuck moment that would be easier to solve? How would I solve that?
- What is my role in this stuck moment and can I change that for the better?
- Am I staying stuck because I'm blaming someone else for this?
- What would the ideal solution be? Is there a way to make any piece of that happen?
- If I had to do one thing right now, what would it be?
- Are there parts that I can break down to solve one at a time?