



SURVIVAL SKILLS FOR SOCIAL ENTREPRENEURS

Shifting your focus

Below is an activity to try the next time you find yourself in a difficult situation or changing circumstances. You can complete this on your own or with your team.

In his book 'Do One Thing Different', Bill Hanlon suggests that in order to manage these situations, we shift the focus of our usually narrow-focused attention, broaden our view and search for aspects of the situation we have never really noticed before.



STEP 1: ACCEPT

Is there anything you can do about this situation right now? If so, what is the first step you will take? If not, how can you come to accept and make peace with what you can't change right now?

STEP 2: ANALYSE

Where are your moments of choice in this difficult situation?

STEP 3: REFLECT

What's the best way you've ever handled a situation like this before?

STEP 4: FACT CHECK

What can you see and hear about this situation (what are the facts?) and what conclusions (stories, judgements, criticisms) have you made about those facts?

STEP 5: LEARN

If you are going to have to get through this challenging situation anyway, what can you learn from it?

STEP 6: ENERGY FOCUS

Is this where you want to put your energy and attention? If not, where would you rather focus your energy and attention?

© 'Do one thing different' – Bill O'Hanlon