



Techniques for Keeping Perspective

Keeping perspective is essential for maintaining emotional balance, making sound decisions, and living a fulfilling life. Below are 5 practical exercises to help you cultivate and maintain perspective in your life.

The 10/10/10 Rule

When faced with a decision or problem, ask yourself how you will feel about it in 10 minutes, 10 months, and 10 years.

- Will this still matter then?
- Do you think you will still remember this?
- Now, imagine yourself a few months from now, not feeling bad about this moment, and lean into that feeling.

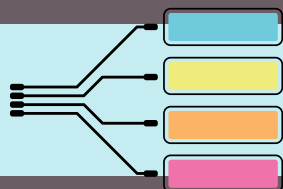


Visualisation

Visualise your future self and the life you want to lead. Consider how your current actions align with that vision.

- Is there anything you are currently doing that may not support that vision?
- What could you stop, start and/or continue doing to align with that vision?

Create a mood-board, artwork or print-out something that reminds you of where you want to be and have this in a place you can see regularly, to remind you of your vision and aligning your goals to that vision.



Mind-Mapping

Create mind maps to explore different aspects of a situation and see the bigger picture. This helps to take us away from one set of details that we may be stuck in, to zoom all the way out and see the bigger picture by looking down on yourself.

Journaling



Write about your experiences, thoughts, and feelings regularly to gain clarity and insight.

Meditation

Practice guided meditations that focus on gaining perspective and insight. There are many apps, YouTube videos, online coaches and community groups, etc. to help you do this. Find what works best for you.

