

# REFRAMING THE WORLD WE LIVE IN



## DR MICHAEL HEAH

is an ICF Master Certified Coach who works with top leaders internationally and train them to be coaches too. Log on to [www.corporate-coachacademy.com](http://www.corporate-coachacademy.com) or call 03-62054488.

Listen to these two people sharing about their lives:- Ahmad says, “My life is a complete failure and I hate going to work”. Kassim, on the other hand, says, “I am excited every day and I look forward to work”.

Despite both being biologically the same age, each one perceives their world differently from the other. In this case, Ahmad might continue to be unhappy because he sees negativity in his world while Kassim stays happy because he sees his world with positivity.

This simple scenario reveals a lot about the power of the mind. It has huge powers to influence the way we perceive the world around us; meaning to say we can make it either in empowering or in disempowering way. This is so important because our state of mind will in turn influence our interpretation of many things we come into contact with which has a bearing on our moods, and eventually, our actions.

In reality, all of us have the ability to control our minds into the way we want it to. We can make the choice of how we want our minds to think. No one can stop us from doing this. That goes to say that not even the environment or our circumstances can influence our mind.

For instance, a person who wants to feel contented will choose to appreciate and be grateful even though he might not have the kind of wealth as compared to a much richer person. To this person, he perceives that “having less” is not directly related to “having lesser” in life. Conversely, a wealthy man who has everything can choose to



feel discontented and be unhappy with what he already has. To him, he wants to think that he still does not have enough.

It is unfortunate that many people tend to see the dark side instead of the bright side of their lives. One very common misconception is to feel “insignificant” instead of being “game” about their lives. They would rather choose to take their lives very seriously to the detriment of their health, relationship and overall moods instead of being game enough to take things easy in their stride which will serve them better. They would rather choose to complain, criticise, devalue and even beat themselves up for no good reasons.

People need to know how to manage their minds so that they can turn them to become an accomplice (rather than an enemy) to help them in order to lead happy lives.

Indeed, we should be able to reframe or turn our minds around so that we can quickly reset for the better each time we hit a rough path in our lives.

To do this, we should focus on growing a strong “mind supervisor” in us who would help us to watch our thoughts in the moment and to either get rid of them if they are disempowering or to prevent them from getting inside us. The “mind supervisor” is the one who help will help us to reframe negative thoughts to positive ones through powerful questioning they ask us, such as:- What are our thoughts doing to us now? What is a better thought to have? What will it do for me? What do I want to say to myself?

The hallmark of all good leaders lies in their ability to take charge of their circumstances - to either stop events from getting worse or to change them for the better. People love to work for positive leaders who always say there’s a way.

Doing this will not only inspire them but help them to learn from these positive leaders too. One good thing leads to another. Successful organisations have many of such leaders who know how to stay positive through their ability to reframe. No wonder they are innovative to stay as market leaders in good times and in bad.