

# Reframing Your Thoughts

*It truly is not what happened in your life that creates your story, it's how you **INTERPRETED** (or framed) your experiences.*

## **The Power of Interpretation (Perspective)**

Your interpretation of events either empower you or disempower you. Even the worst experiences of life, that feel like a curse, can be re-framed to find the silver lining or blessing contained within them. It is the **MEANING** we attach to a situation that determines whether it moves us forward or holds us back. The meaning also impacts the way we react and feel about any circumstance.

## **Find the Silver Lining**

For every seemingly negative circumstance in life, there either was (or could be) a positive outcome because of it.

You can choose to interpret events in a way that is **DISEMPOWERING** (makes you feel resentful or guilty) or you can interpret them in a way that is **EMPOWERING** by asking yourself:

- “What else might be going on here?”
- “What did I learn from this experience?”
- “What can I do differently next time?”
- “What positive outcome eventually came as a result of this situation?”
- “What meaning does it have? What purpose does it give me?”
- “How can I use this for **GOOD**?”

Make a list of any experiences from your life story (**PAST** or **PRESENT**) that are “negative” and then identify the positive outcomes and/or the empowering perspective you can take from them.

You'll dig deeper into this in the coming videos about change.