

THINKING  
LEADERS

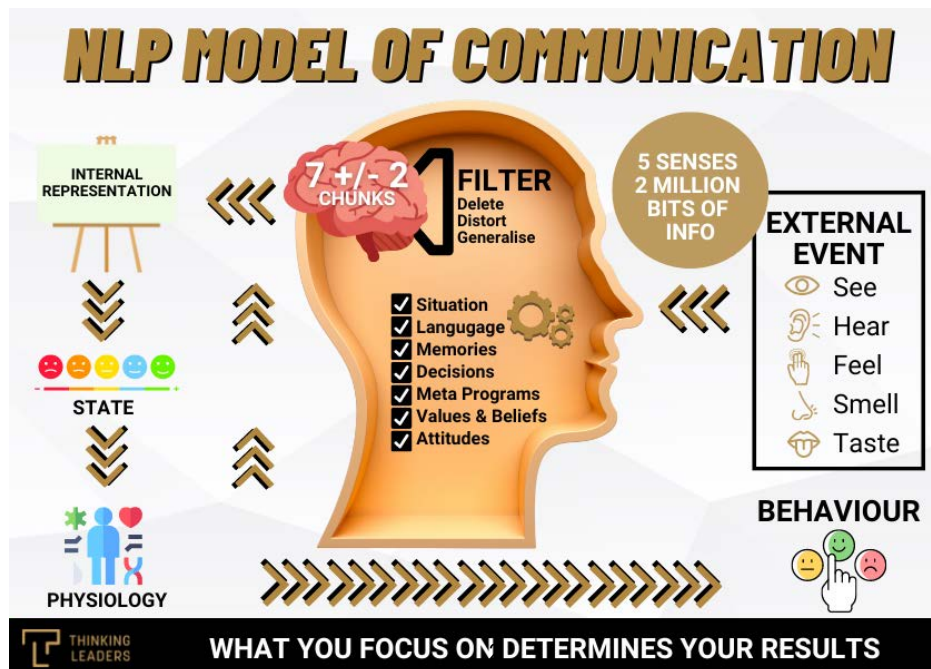
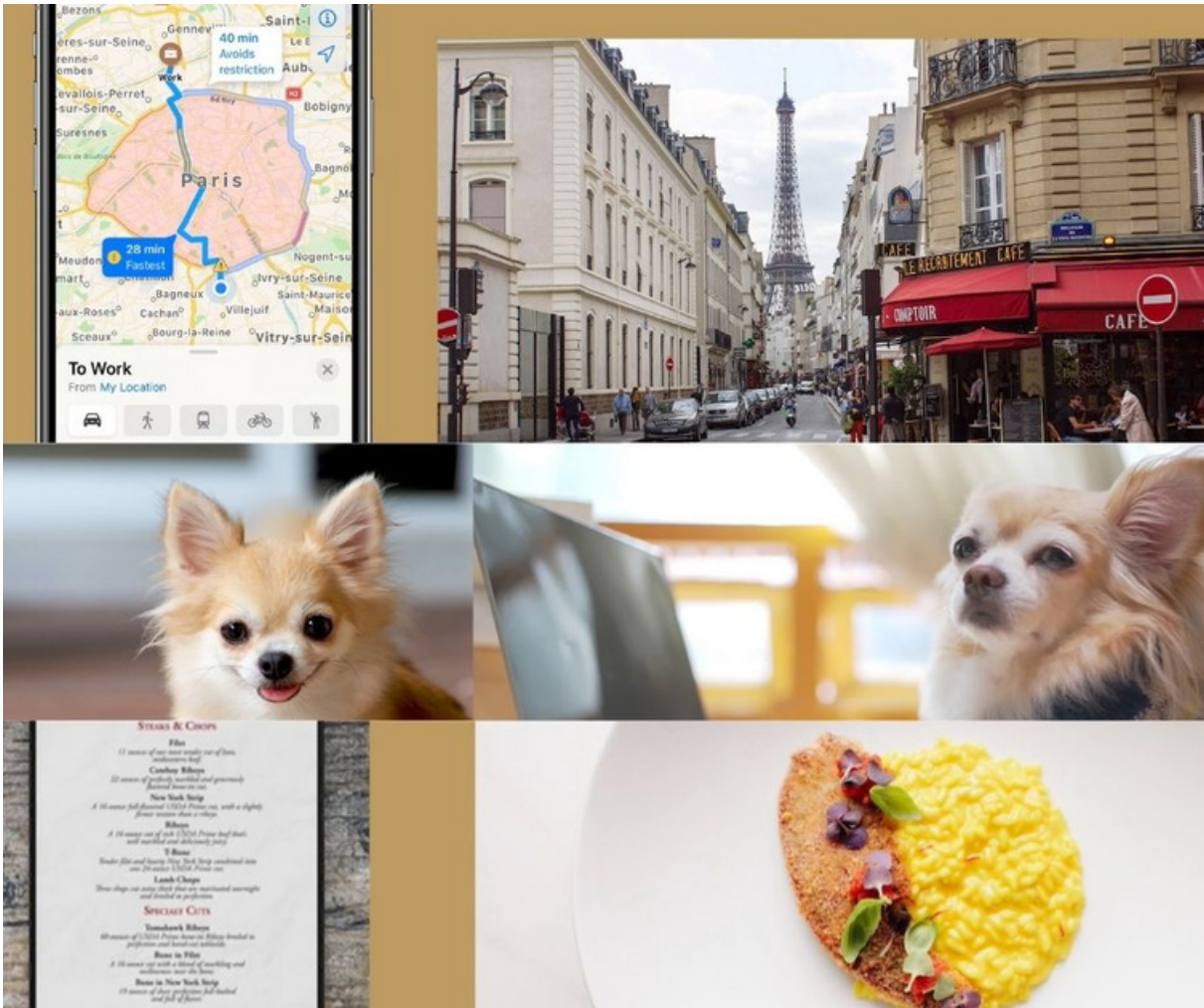
# MINDSET

---

**Your Reality**

**FOR FURTHER INFORMATION  
PLEASE VISIT OUR WEBSITE:  
[WWW.THINKINGLEADERS.COM](http://WWW.THINKINGLEADERS.COM)**

# MAP IS NOT THE TERRITORY



## UNDERSTANDING YOUR REALITY

---

Think of an event that's recently happened - one where there may have been a difference of opinion/perspective.

How can I interpret or think about this event or problem differently?

How are my current beliefs, attitudes, values, cultural norms and standards affecting the way I view the event?

Or deal with the problem?

## UNDERSTANDING YOUR REALITY

---

Do I rise to the challenge and move outside my comfort zone? Or do I stay safely tucked away in the same reality that created my current reality?

Remember how you and those around you respond is based upon your individual maps. Knowing what you know now, you can start to understand the behaviour and reactions of yourself and those around you.

## **NOW FOR THE COMING WEEK.**

---

Now, for the coming week, I would like you to undertake the following exercise. Whenever you think there is a problem, just ask yourself:

Is this problem really real or is it just a part of my map?

How can I interpret or think about this event or problem differently?

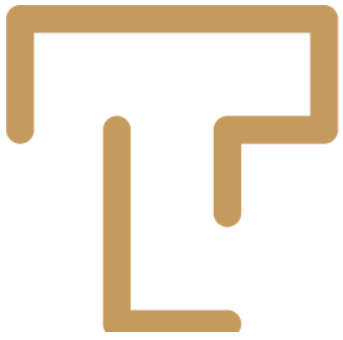
How are my current beliefs, attitudes, values, cultural norms and standards affecting the way I view the event?

# NOTES

---

# NOTES

---



THINKING  
LEADERS

---

**FOR FURTHER INFORMATION  
PLEASE CONTACT:**

**WWW.THINKINGLEADERS.COM  
LINDA@THINKINGLEADERS.COM  
+61 (0) 415 989 677**