



FROM PROBLEM TO POSSIBILITY

*Possibility is the opening and expansion of energy
as futures are explored and tried on now.*

Purpose

To step into a creative mind-set that gives access to an expanded view of options for creating what we really want.

Why Bother?

When we focus on talking about problems, we tend to perpetuate low energy, fear and limited thinking. It's like Einstein said, "We cannot solve our problems with the same thinking we used when we created them."

Once we've faced Current Reality and we ask, "What might be possible in this situation?" we shift our mind-set. We engage creatively rather than in a reactive way, and we expand versus contract as we discuss our ideas.

When we explore what's possible, we experience ourselves and others as more engaged. We notice more aliveness versus adrenalin. People around us more easily and safely participate and share their ideas. New ideas arise that we would not have imagined before.

Finally, after exploring what's possible, it's more likely we'll be able to get into action with more buy in, emotional engagement and momentum.

How To Use

1. Once you've faced Current Reality about a specific topic, begin exploring Possibility with these types of questions:
 - Given our Current Reality, what do we see possible?
 - Let's brainstorm possibilities.
 - If we didn't have to know the how, what do we imagine we could do, explore or try in this situation?
2. Use words like explore, wonder, what could we do, imagine (versus should, need, have to, must, etc.)

TIPS

- If you're stuck or feeling like you're being "right", do something to shift yourself into openness and curiosity.
- As much as possible, start sentences with "I see the possibility of..."
- Start a group conversation with "Let's explore what's possible in this situation" rather than "Let's fix this problem."
- Listen to build energy - if people begin fixing problems, or complain, reframe their sharing as a possibility, or point to what you heard they see as possible.

WHEN TO USE

- When you or your team want to create a new initiative.
- When someone comes to you with a problem, rather than solving it, consider inviting them to explore what they see possible in the situation.
- When you want people to take ownership for a solution or project, explore what would be possible for them if they owned and accomplished it.



FROM PROBLEM TO POSSIBILITY EXERCISE

Think of a situation where you are frustrated, something is missing, or you feel triggered. Then ask yourself these questions, or ask a partner to ask you these questions.

1. In one minute or less, describe the situation. (Share, unedited, your thoughts and feelings.)
2. Thinking about this situation, what do you want and/or what would make you really happy?
3. Say what you want out loud several times (to build energy and connection to what you want).
 - I want...
 - I want...
 - I want...
4. Several times, answer the question - *What matters or what's important to you about what you want?* (You're peeling the onion about what matters. Do this until you get to the core of what is most important to you.)
 - What matters to me about what I want is...X
 - What matters to me about X is...Y
 - What matters to me about Y is...
5. Given what really matters to you, what do you see possible in this situation? Say what you see possible out loud several times.
 - I see the possibility of...
 - I see the possibility of...
 - I see the possibility of...