



# REALITY-BASED THINKING

# What prevents results/success and happiness at work?

## Other People

- Poor Leaders
- Negativity
- Bad Decisions
- Conflict
- Poor Communication
- Co-Workers
- Demanding Customers

## Circumstances

- Lack of Resources
- Lack of Budget
- Unrealistic Expectations
- Technology
- Regulations
- Change
- Lack of Clarity
- Unrealistic Timelines

## Other

Generally include statements that start with “I”

**DITCH THE DRAMA TOUR**

REALITY-BASED LEADERSHIP

**LOW-SELF**

The image shows a woman with long grey hair, wearing a black leather jacket over a light-colored top, standing on a stage. Behind her is a wall covered in numerous sticky notes, some of which have the words 'DITCH THE DRAMA TOUR' written on them. To the right of the woman, a sign reads '#bywakeupman DITCH THE DRAMA TOUR REALITY-BASED LEADERSHIP'. In the foreground, there is a green rectangular box with the text 'LOW-SELF' and a small image of a light switch.

# REALITY-BASED LEADERSHIP

Sent out a request 3 weeks in advance, the deadline was still missed



EVENT



THINKING



FEELING



ACTION



RESULTS

Suffering is **optional**...

It is our **mindset**, not our **circumstance**  
that are the sources of our stress.

# REALITY-BASED LEADERSHIP

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EVENT



THINKING



FEELING



ACTION



RESULTS

What don't  
I know?

What's the next  
thing I could do  
that would add  
value?

Our circumstances are not the reason we CAN'T succeed, they are the reality in which we MUST succeed.

# THINKING INSIDE THE BOX TOOL

## Goal

**Constraints why  
we can't**

**Constraints why  
we can't**

**Given that.....  
(refer to constraints)**

**...How can we  
achieve our goal**

Arguing with **REALITY!**

*The single largest barrier to happiness  
and success.*

REMEMBER.....

**You Will Always have  
Extenuating Circumstances,  
SUCCEED ANYWAY!**