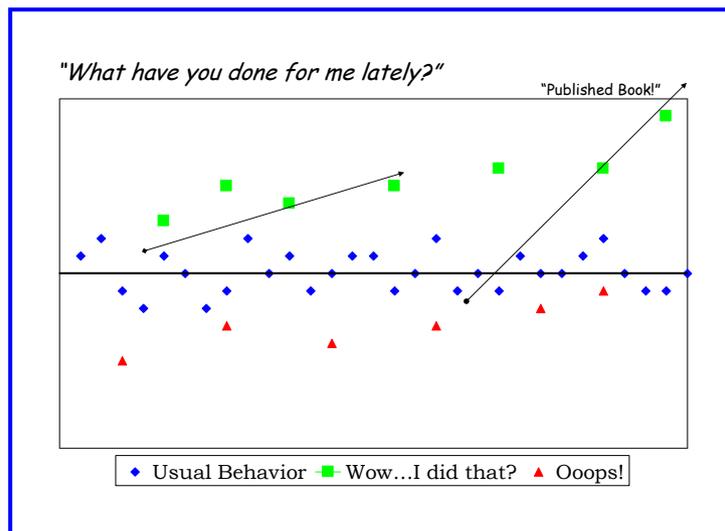


## Take Ownership of Your Feedback

OK, we've saved the hardest of the 5 Keys to Positive Change for last. If you really want to move your life in a positive new direction, you can not do this without knowing exactly from where you are starting. You have a responsibility to accept, consider and even seek out the feedback that helps you look in the mirror. You may find, like I did, that you are doing good enough to just get by and not question your path. That's not good enough. My "Midlife Epiphany" allowed me to see this stagnant path at the same time a new one was emerging.



I work better when I can see what I am considering so I always try to make concepts visible. The most powerful exercise for me was to take a phrase with a negative connotation, "What have you done for me lately?" and turn it upside down for positive use. Instead of dismissing recent events, I overemphasize them to identify that I was on a new path.



The blue dots along the center line represent your usual behaviors and the path you are on. Then put green dots above the line for things that make you say "Wow! I did that?" These are your positive and not typical behaviors. Do the same in red below the line for those "Ooops" moments.

Make the time span whatever you want but go back as far as needed to include some good "Wows" and "Ooops." These events can be anything - not just career related. If your line is heading toward "Ooops" then take this early warning and adjust. What we want to do is see a positive trend that is emerging away from the center line. This new line is the visual proof the path you are on is deviating from usual, and can help identify valuable assets, talents that you've always had that should be made a bigger part of the path you choose in the future.