

mindflick®



- **▶** Take the emotion out.
- ▶ What are the facts?
- What information do we know?
- What information do we need?
- How are we going to get this information?
- What is relevant?



- What do we know for sure?
- What do we need to control for?
- What isn't going to change?
- What are we committed to?
- ► What do we need to be 100% clear about?
- When will we need to keep control of our emotions?



- ▶ What are the pros?
- What is the opportunity here?
- What are the benefits to this situation?
- What are the potential benefits?
- When will we need to take bold action?



▶ What risks should we take?

What risks can't we afford

not to take?

What's working well?

- Where is there a sense of
- hope?

Why should we stay

positive about the future?

What gives you confidence

in this?

What is the biggest /

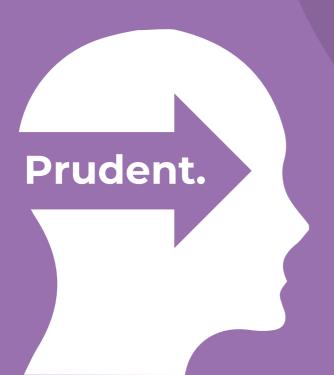
boldest thing we could do?

What is the greatest

potential for this?



- What are the potential cons?
- ► Why won't this work?
- ▶ What is the threat?
- What do we need to be cautious about?
- What is a conservative strategy?
- What's realistic?



- What obstacles might we face?
- What challenges do we face?
- What mistakes are we currently making?
- What might slow us down?
  What could get in the way?
- Where do we need to take care?
- What should we be wary of?



- ▶ Step into the emotion.
- ▶ What needs to change?
- ► How do we feel about this?
- ▶ What is likely to change?
  What are we uncertain
- ▶ about?

What do we need to be

▶ vigilant to?

Engaged.

- ▶ When might we need to be agile?
- ▶ What might happen?
- ▶ How will we know we need to change our approach?

What do you anticipate

- might happen?
  - What do we need to stay
- ▶ tuned into, that might indicate we need to change course?

What is there to be excited

about right now?

## It's all about moving.





Contact details: Bruce Isdale, mindflick practitioner bruce@realhealthcaresolutions.co.uk