



Mondays with Mike

AULTCARE

MONDAY TUE

The “Change Choice” and the “2P Approach”

Scott Mautz, author, speaker, and great friend of AultCare, has a unique and refreshing approach to managing life’s challenges. You may recall that we showcased Scott in the February 15 edition of Mondays with Mike.

Today, we will add to Scott’s impact on our thinking by sharing his thoughts on the “Change Choice” and the “2P Approach” to winning in the change challenges that we have experienced and continue to experience. As we shake off the winter blues and remain expectant to getting outside more frequently, Scott provides some refreshing thinking for all of us.

The “Change Choice”

The truth is, we all have a choice to make in the face of change that is thrust upon us. Will you see change as happening TO you, or FOR you? TO you to destroy you, or FOR you to help you grow stronger?

TO you means you’re stuck in “It’s not fair!” and a victim mentality. FOR you means using change as a spark to foster improvements in your life.

If you can’t change the situation, change the way you see the situation.

The “2P Approach”

Spend 50% of your energy seeing the Possibilities in the outcome (the Silver lining) and 50% on Pragmatism, on calmly, rationally dealing with the implications.

$50 + 50 = 100$, which means you spend 0% of your time spiraling downward because of that negative outcome.

This week, let’s begin to attack the “Change Choice” with the “2P Approach!”

Have a great week!

