

## Experience Disruptions as Opportunities

The other side of disruption IS an opportunity. We can't experience change without also experiencing some level of disruption. It's the nature of change itself that ushers in a bit of chaos. And when you experience chaos, it can bring a lot of discomfort. ***It's at this point of discomfort that an opportunity is waiting for you.*** This is where it gets exciting as it offers you the chance to shift your mindset. So, take your next step, as uncomfortable as it may feel, and ***go through your disruption***, and as you do, ***your mindset*** will become ***more powerful***.

To help you shift your mindset and find your desired outcome, use the intentional questions below.

### Questions to help you Get Unstuck

- ☉ Think of a disruption in your life. List all the ways this disruption could bring an insight or benefit. Really open your mind and consider all the possibilities.
- ☉ What would you choose if you had no obstacles? How could you shift something small so you can move towards the outcome you want?
- ☉ Sometimes you can't shift everything all at once, but you can make smaller changes a little at a time. What would your small changes be and what is the best time to begin them.

*Is the disruption reframing you or are you reframing the disruption?*