

MODULE 21

OPPORTUNITY AND THREAT

Segment	Content
<p>Introduction</p>	<p>SWOT analysis is an easy acronym for a method of evaluation for yourself or your team.</p> <ul style="list-style-type: none"> ▶ S= Strengths. What are you good at doing? What are the talents and traits which make you personally, or your team, a cut above others? What makes you a great leader? ▶ W=Weaknesses. What weaknesses do you have? What areas are your personal, or team’s weaknesses in? Are there some leadership weaknesses in your life which you need to pay attention to so that they will improve? ▶ O=Opportunities. What are the future opportunities you and your team have to improve on and excel in? ▶ T=Threat. What are present threats to your personal and your team right at this moment? What stresses do you have which have the potential to cause you to fail? <p>We begin our discussion in Module 21 with SWOT because it shows a great contrast:</p> <p style="text-align: center;">strength vs. weakness</p> <p style="text-align: center;">opportunity vs. threat</p> <p>When as leaders, we look at this contrast; we can begin to see the power which comes from a positive mind set.</p>
<p>Learning and development objective</p>	<ul style="list-style-type: none"> ▶ At the conclusion of Module 21, you will be able to describe the impact of positive thinking. ▶ You will also learn to take positive action to change your perception from weaknesses into strengths, and threats to opportunities.

<p>Main text</p>	<p>Power of Positive Thinking</p> <p>In previous modules, we discussed ‘change’ and how any type of change can be viewed as a threat. As a leader, part of your responsibility is to help team members see change from a positive mind set. Change is not a threat but an opportunity. I know someone out there is reading this and saying, yeah, change is an opportunity to fail.</p> <p>This is exactly the purpose of this module: to change our thinking from a negative mind set to a positive mind set. When you think about positive thinking, the first thing that may pop into your mind is the classic, <i>The Power of Positive Thinking</i> by Norman Vincent Peale. Peale claimed that being positive or negative are habits, and the ways which you think, have a strong influence on life.</p> <ul style="list-style-type: none"> ▶ Positive and negative are thoughts are directions. Which direction do you choose? Some people claim that they are just naturally an optimist or a pessimist. It’s just natural. This is not true. It is a habit. It is the direction which you choose. Choose today to be a positive thinker, not a negative thinker. Choose to be the person, who sees the threats in life, simply as opportunities to make positive changes or areas in which to grow. ▶ Positive thinking is a habit you can develop. Someone has said: “You can close the windows and darken your room, and you can open the windows and let light in. It is a matter of choice. Your mind is your room. <i>“Do you darken it or do you fill it with light?”</i> <p>You can decide each day how much light you allow in your mind and how much darkness you will tolerate. You get to decide for yourself, how your mind is filled. If you begin today to focus on strengths and opportunities, and you continue to do this for the next month, positive thinking will become a habit for you.</p> <ul style="list-style-type: none"> ▶ Positive thinking makes things happen. When you engage in positive thinking related to your goals, you are expecting; talking and visualizing the positives with certainty that you will achieve the goal. The goal becomes an accomplished fact, because of your thinking. Conversely, when you can only focus on your weaknesses, and how they can prevent your success, or the threats to your success, then your chances of real success are greatly minimized. Think positively and make things happen. ▶ Do you have stinking thinking? As you think about your life right now, ask yourself, do you have stinking thinking? Do you run negative tapes in your mind 24 hours a day? Do you listen to your head voice, and hear nothing but criticism and negative phrases? If so, you are choosing to destroy your potential for happiness, your potential to set goals and achieve them, your potential as a great leader, and your chance to be the best you can possibly be at home, and in the workplace. When you say, “I can’t change the way I think,” you are really saying you want to be unhappy and weak. It is only with positive thoughts that you can begin to develop strength, energy, and initiative. It is only with a positive focus that you can expect success and achieve greatness.
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	<p>But there is more to this, than just thinking positively. You can sit around all day and think positively, but that does not mean you should expect to become an overnight success.</p> <p>Power of Positive Action</p> <p>Once you begin the process of changing your thinking, you are now ready to begin to take positive action.</p> <ul style="list-style-type: none"> ▶ Begin small and steadily increase. Think positively about a weakness. Take one small, unyielding, decisive and courageous step forward to turn your weakness into strength. See a threat and choose to view it as an opportunity. Then take one small step forward, embracing the opportunity to change. You will be like the Little Engine who started chanting, “I think I can, I think I can!” Your small steps will begin to build momentum, which will carry you forward toward success. ▶ Begin to train your mind. Any time you see a threat or a weakness, plan one simple step you can take right now which will begin changing the weakness into a positive, and a threat into an opportunity to grow personally. The secret is twofold. First, you must recognize the opportunities and embrace them. Second, you must make an action step to begin forward movement. So, watch your thoughts and constantly look for steps you can take to improve yourself, your team, and your abilities as a leader. ▶ Affirm your positive thoughts and visualize your successes. In a children’s classroom, there was a sign which hung above a chalk board, “If you can dream it, you can be it!” It was true for those students, but it is also true for you. You must take the time to dream and visualize your success with each step you take. ▶ Share your positive attitude. When you begin to change your thinking, it is important as a leader, for your team to begin seeing the changes in your demeanour. Tell them how you are beginning to change your perspective and your thinking. Invite them to join you on the journey from negative to positive thinking and acting. <p>Begin to see your world a different way today.</p> <p style="text-align: center;">See your strengths, not your weakness.</p>
<p>Key point</p>	<ul style="list-style-type: none"> ▶ Think positively ▶ Take positive actions ▶ Turn your weaknesses into strengths. ▶ View your threats as opportunities.
<p>Task for the day</p>	<p>So that’s the task for the day, but don’t underestimate it. It isn’t an easy one. Do you have a goal? Think on it and try and reframe anything you hear today which is stated</p>

	<p>as a negative and turn it into a positive, however hard that may be to do. I know you can't deal with everything, but have a go, and see what difference it makes when you change the way you talk about your goal, when stated from the positive. See how your team reacts, when you talk to them about it.</p>
<p>Questions</p>	<ul style="list-style-type: none"> ▶ As you noticed your thoughts today, what did you hear in your thoughts: strengths or weaknesses, opportunities or threats, positives or negatives? ▶ What one positive step can you take today, to help you refocus your thinking on the positive? ▶ What action step can you begin today, which will transform one of your personal weaknesses into a personal strength?