

DIRECTING PERCEPTIONS

**with Keynote Speaker
Joshua M. Evans**

Individuals have the power to direct their perceptions rather than merely experience them—by consciously choosing how they interpret situations, they shape their reality. Perception isn't just passive; it's an active process where mindset, focus, and perspective determine whether challenges become barriers or opportunities for growth.

Here are five exercises to help broaden your perspective:

- 1. Reverse Your Assumptions – Take a belief or assumption you hold and challenge it. Ask, What if the opposite were true? This forces you to consider new viewpoints and question biases.**
- 2. Seek Contradictory Opinions – Read articles, books, or have conversations with people who hold different perspectives from yours. Approach them with curiosity rather than defensiveness.**
- 3. Engage in a New Experience – Travel to a new place, try a different hobby, or immerse yourself in a culture different from your own. Experiencing the unfamiliar opens your mind to alternative ways of thinking.**
- 4. Practice Empathy Mapping – When facing a disagreement, put yourself in the other person's shoes. Ask: What are they thinking? Feeling? What experiences led them to this viewpoint? This helps you understand perspectives beyond your own.**
- 5. Journal from a Different Perspective – Write about an event or issue from the perspective of someone with a completely different background, age, or belief system. This strengthens cognitive flexibility and challenges your natural viewpoint.**

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People can be so dedicated to their own perspective that often forget they have more control over their perspective than they realize.

Here are five tips to help refocus your perceptions:

- 1. Reframe the Situation** – Instead of seeing a challenge as a setback, ask yourself, What lesson or opportunity is hidden in this? Shifting your perspective can turn obstacles into stepping stones.
- 2. Pause and Observe** – Take a step back before reacting. Ask yourself, Am I seeing the full picture, or just my interpretation of it? This creates space for clearer, more objective thinking.
- 3. Change Your Environment** – A physical shift, like going for a walk or working in a different space, can refresh your mindset and help you see things from a new angle.
- 4. Limit Negative Inputs** – Reduce exposure to negativity, whether it's social media, news, or toxic conversations. Instead, surround yourself with perspectives that inspire growth and optimism.
- 5. Practice Gratitude** – Focusing on what's going well can shift your perception from scarcity to abundance. Each day, write down three things you're grateful for to train your mind to see the positives.

Which of these do you think would be the most powerful for you?