Freeze Frame: Taking Mental Snapshots on Your Path to Success

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The contemporary professional (and personal) growth space is teeming with gurus, guides, mantras and mentors. Many of these focus on modeling ourselves after the shining examples of those who have come before, and certainly this is generally good advice. But what about learning from our day-to-day interactions? The obstinate, awkward and careless also have something to teach us.

As with dreams, freeze frame involves cultivating a sense of awareness and the conscious taking of an extra step when we experience something.

What spurs you forward:

- A manager recognizing strong effort or excellent outcomes
- An inspiring example of student success
- Strong leadership by example
- Someone performing a positive action or telling an inspiring story
- Something uplifting that you saw in a movie or read in a book
- Any type of motivating or inspirational event/behavior that affected you and prompted you toward positive change.

What holds you back

A **demotivating** event or behavior

- Witnessing someone steal credit from co-worker/report
- Working for a manager with inconsistent expectations
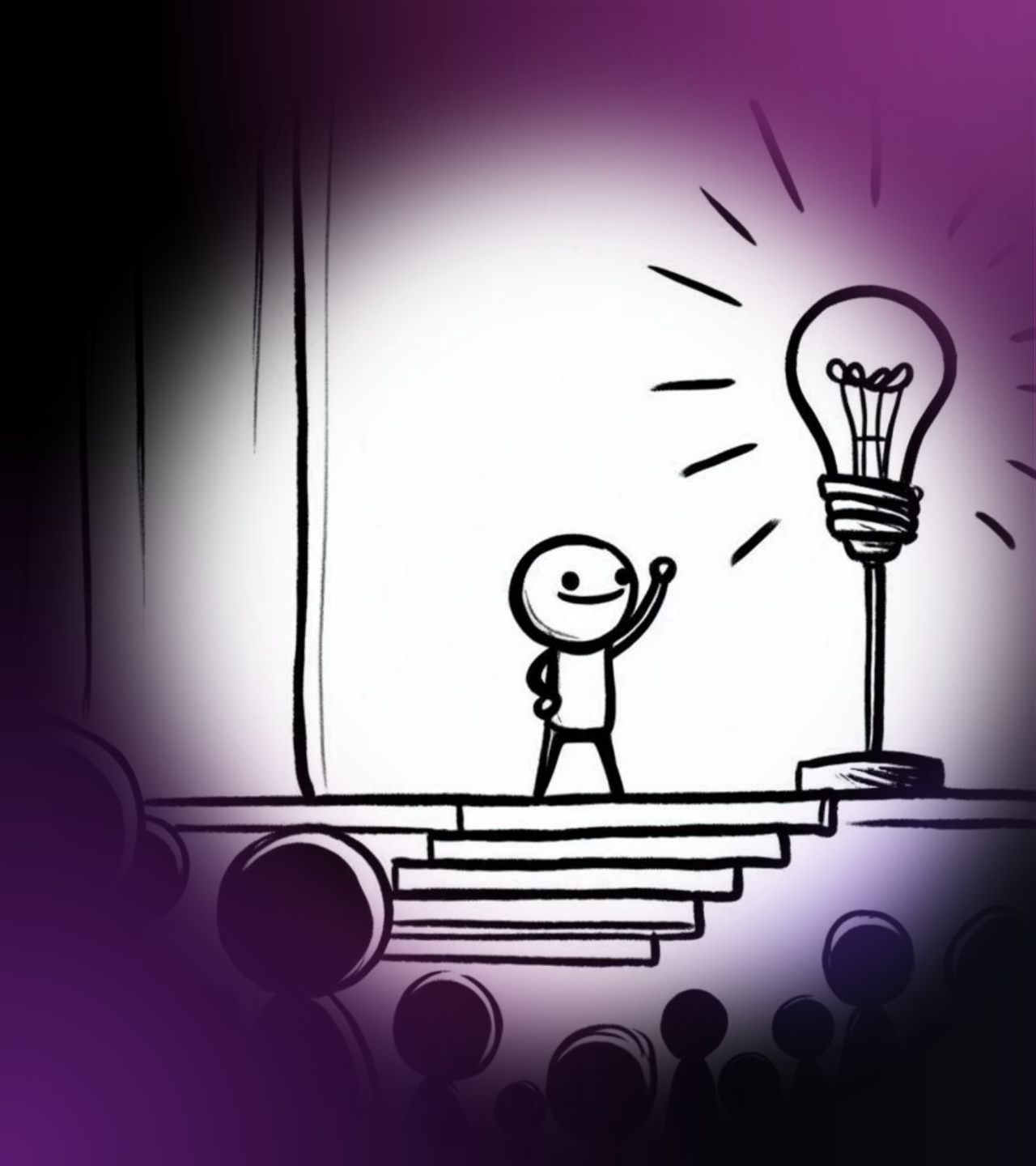
Although unpleasant at the time, we can reflect on even demotivating experiences and use them to spur positive change.

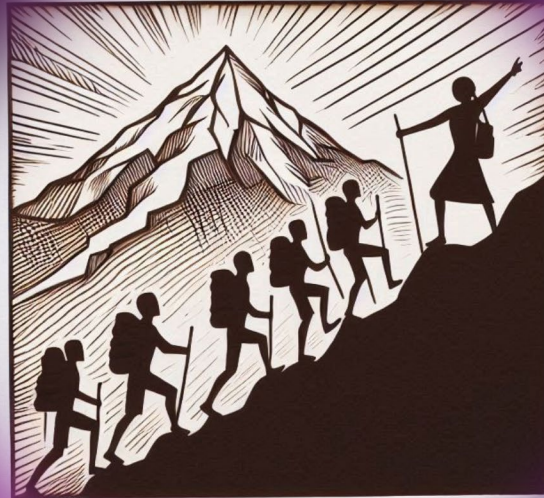Your collection of snapshots form a unique collage

Write motivating/demotivating events down when you experience them (as some people do with dreams) and isolate what made that moment impactful for you.

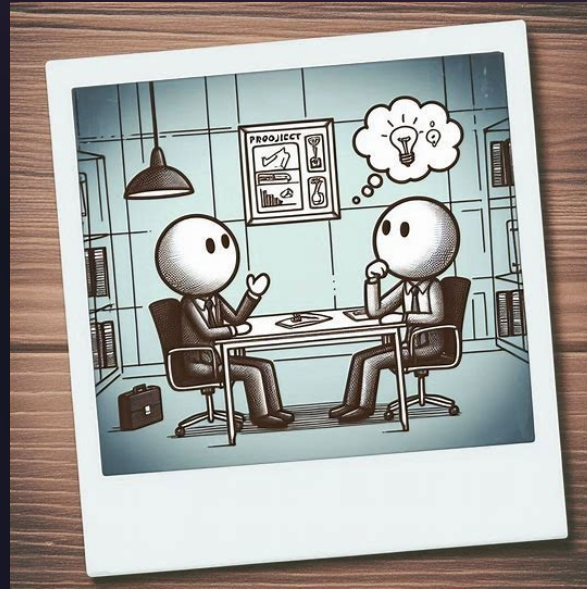How can these help you create a positive and productive team?

This type of leadership creates a performance-based positive and motivating type of leadership.

It's also personally fulfilling.

Pause, internalize and reflect using your own lens.

How can this help in our interactions with:

- Students
- Peers
- Managers
- Regulators

Questions?

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