Resourcefulness: Looking for the Value

It is hard to see the positive in a chaotic situation that you did not expect, but that is exactly what resourceful leaders do. They know how to get results even when the challenges seem overwhelmingly against them. How do resourceful leaders think? What thoughts help them see things differently instead of giving up?

Here are some ways you can train yourself to view a situation when nothing seems to be going your way. Check any of these ideas that will help you see an impossible situation as a valuable new opportunity.

- Learn what it takes for you to stay positive. Practice this behavior at all times—not just at work.
- Tune in to what you say to yourself when you encounter a difficult situation. Think of what you would rather be thinking.
- List all the negatives for the situation and then next to each identify one or two ways that you can turn that negative into a positive.
- Take a timeout whenever you become frustrated. Step back, relax, and refocus on the benefits.
- Break the project into smaller portions and reward yourself and your team as you push through to the end.
- Learn and practice a creativity technique to identify new ways to see the situation and its solutions.
- Think into the future and all the skills and knowledge you will have gained as a result of this “impossible” situation.
- Visualize your situation five years from today and what you can do that will prepare you for the job you will have at that time.