REALITY-BASED LEADERSHIP

# Thinking Inside-the-Box

Constraints don't hold you back, once embraced, they create opportunity and innovation.

Many of us see the constraints in our lives as the limitations that will always keep us from our goals. Reality-Based Leadership flips that: constraints actually create opportunity and innovation once you embrace them. Set up the activity by naming a goal, then listing everything standing in your way.

## 1 THE GOAL I WANT TO ACHIEVE IS

Examples: hit the goals your team committed to, make a deadline, or learn to surf.

## 2 THE CONSTRAINTS KEEPING ME FROM THIS GOAL ARE

Using "learn to surf" as an example: I live in the Midwest and there's no beach, nobody I know can surf, I have bad balance, I can't swim, not enough time... This activity works with 10+ constraints.

**NOW, TAKE NEXT RIGHT ACTION**

Carry your goal and your constraints to the box on the next page – your goal goes up top, your constraints go along either side.

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# Let's Build the Box

Move from “why I can't” to “how I could.”

Place your goal across the top of the box, and your constraints down either side. Then ask: "Given that my goal is _____, and considering I have these constraints, how could I still make it happen?" Any idea that moves toward the goal without bumping into a constraint goes inside the box.

**THE GOAL I WANT TO ACHIEVE** _____

| CONSTRAINTS | HOW I COULD... | CONSTRAINTS |
|---|---|---|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

**NOW, TAKE NEXT RIGHT ACTION**

Once you have 5-10 ideas, pick a few and start taking action. Then check: are you any closer to your goal, and are you truly as stuck as you thought?

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