

THE SHIFT IN PERSPECTIVE

How to Transform your Wellness by

Thinking Well,

Doing Well, and

Living Free



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*A Handbook that every Student, Lifelong Learner, and
Builder*

should have, should read, and should live.

**A TRANSFORMATIVE GUIDE TO THINKING,
FEELING, & BEHAVING WELL.**

A Handbook for Life-Long Learners and Builders.

Transformed

Romans 12:2

Chapter 4

Think Like an Eagle

“If you want to fly with eagles, you have to stop swimming with ducks.” - Motivation Captain

Lessons and Mindset of an Eagle...

Seven Leadership Principles from an Eagle’s Perspective

1. Eagles Fly at High Altitudes.

Can you manage being alone?

Eagles fly high and alone but do not fly with sparrows, ravens, or other small birds.

As one progresses through life and attains success, the altitude of climbing sometimes gets steep, and one must have mental grit to sometimes manage alone. The eagle’s mindset is always to increase and grow. There is also a perspective disadvantage of being at high elevations.

Though flying low might be an option for others, it is certainly not a choice you made. It takes a growth mindset to consider climbing and or flying at high altitudes. So, if you consider yourself a high achiever, do be certain to be mindful of flying with or amongst other eagle-minded people. Be alone if that's what it requires at times.

According to an article by Tony Robinson (LifeHack, 2020), about being able to manage alone, and ten of the most amazing things that you can learn whilst that span is:

- i) You will get to recharge and expand your energy.
- ii) You will get to reflect on your surroundings, habits, and pace quite often.
- iii) You will get in touch with your emotions

- iv) You will start doing things that you genuinely enjoy.
- v) You will feel more confident in your ability to be independent.
- vi) You will be able to enjoy your relationships even more.
- vii) You will break free from constantly trying to keep others happy.
- viii) You will stop feeling offended, saddened, or angered by unnecessarily trying to apologize for your actions.
- ix) You will start to trust your instincts and improve your decision-making skills.

The key is avoiding negative energy and narrow-minded people, who are always looking for opportunities to

talk about others and bring them down. Therefore, eagles fly with other eagles or alone.

Eagles Have Accurate Vision

Can you eliminate distractors and maintain focus until the task at hand? According to Jim Kwik, the author of *Limitless*, Focus is not something I have; it is something I do.

Did you know that Eagles have an extreme wider, sharper view in comparison to humans? When our peripheral vision gives more room for blind spots, eagles' field of vision expands to greater estimate, what we can see at clear at five feet. The eagle can sharply see at 20 feet away. Though we may not be created with such an extreme vision field, we can increase our thinking and maintain accurate vision with intensity in focus.

How exactly is this applicable in human beings, though? We can practice skills like time blocking and selective productivity to get more quality work done in the

task at hand by focusing on the one most important thing. This allows one to set purposeful boundaries, thus, delimiting distractions. Other than that, you can limit your objectives or set of tasks for a day, then to avoid any distractions, give yourself small breaks. Like if you are working for a shift of 9 hours, then in every three hours, give yourself a break of 15 to 30 minutes.

Once you are through the basics, come to something more challenging. Get yourself involved in complex tasks every now and then. You might procrastinate on the way, but the thing which is beneficial from being able to get your hands in it is that you will stay motivated. Otherwise, your brain will start to produce negative thoughts such as, “I am doing the same thing every day,” even if you have been assigned a new task every day.

Eagles Do Not Eat Dead Things

Do you have difficulties letting go? How is your alkaline intake?

One of the innate habits of eagles is to maintain a healthy lifestyle choice – eating well. They do not consume dead food. As humans, many of us struggle with letting go of our past and negative energy or anything that no longer serves us positively. As a result, we live our lives with psychologically heavyweights and baggage, thus feeding on dead unresolved issues and pain caucuses. The challenge is to find healthy ways of shifting perspectives and changing one's attitudes. It helps to let go of the past and pursue new challenges, and most importantly, maintain a high alkaline and low caloric budget diet.

What most people do not understand is the importance of maintaining healthy mental health. Your brain is equally important as any other system inside your body, like the respiratory tract. People often act as if it is not important to address or cater, which eventually leads to complications of not being able to face difficulties in life.

“To let go does not mean to get rid of. To let go means to let be. When we let be with compassion, things come and go on their own.” – Jack Kornfield

Holding on to pain or rage will not fix anything, as playing the past will not change what happened. You will have to let go no matter how difficult it seems, or the toxicity will reside like a poison inside of you. So, there are a few tips that can help you attain freedom.

According to Ilene Strauss Cohen Ph.D.:

- i. Try to understand the relationship you had and the instinct of being different the moment you feel that way.
- ii. Do not lead yourself to disappointment by investing a great span in the outcomes.
- iii. Let go of your self-limiting beliefs. Slowly go through instances to once you said, “I could never do that!” inside your mind, even if it goes way back

to be, maybe, able to sit on a roller coaster when you were a kid. Try it! Not only will it make you relieved, but it might bring a smile to your face.

- iv. Once you believe you can control your actions, also let go of the idea that you will be able to control others' actions.
- v. You will make mistakes, so you might as well leave space for it! Don't rewind to, "Oh, that was very stupid of me to say!"
- vi. Do not take yourself too seriously. In fact, do what scares, even if it is once in a blue moon. The more challenging you are to yourself, the less worrisome your stay.
- vii. Last but not least. This is something you probably know, so a friendly reminder. Accept the things you cannot change for a change.

2. Eagles love storms.

When faced with difficulty, do you fight or flight? When in a calamity, do you have the insight to understand the peace in the storm?

One of my favorite mindsets of an eagle is their ability to have a high-level perspective when it comes to managing storms (challenges). They are one of the few birds that will stay on course even during a storm. As a matter a fact, that's when they rise to higher altitudes by using the wind to lift their wings, higher above the storms where they fly to the altitude of the clouds and focus their course. Eagles have an achievement mindset; they are determined and not afraid of challenges and turn their pain into opportunity.

3. When a female eagle meets a male, she tests for commitment.

Do you date objectively with mindful projects/ activity completion in mind?

Believe it or not, for many, life is perceived from the perspective of a ‘test.’ I do not believe that one formal exam should be used as a reliable measurement to determine the potential of one’s reliability to perform well in practice or a measurement of one’s total self-worth. However, where it comes to understanding people from a behavioral specialty perspective, recognizing patterns of behavior always trump verbal expressions of empty promises. To test commitment, whether it is for personal, business, or partnership, it is important to consider how compatible you two will be, especially in challenges and storms. Asking essential questions like how do we solve problems, how effective is our communication styles, Do we ‘fight’ fair? Can we even reflectively listen to understand significant others? Etc.

If you have never embraced the idea of ‘objective dating’ (Do you have a goal-base strategy while dating), I challenge you to consider hiking a trail, going mountain climbing, even trying to endure spending time doing a 40-

day devotion will reveal amazing truths about your compatibility, similarities, difficulties, and if there is a consistent desire to commit to doing the work with each other.