

# THE EXPERIENCE TRANSFORMER® MINDSET

A tool designed to quickly transform the intensity of both negative and positive experiences into lessons, innovations, and breakthroughs.

THE EXPERIENCE TRANSFORMER®	
1. FOCUS Briefly describe the experience you'd like to improve and learn from.	
2. WHAT'S WORKING?/WHAT WORKED?	3. WHAT'S NOT?/WHAT DIDN'T?
4. IMPROVEMENT Knowing what you know now, how could you enhance or refine this experience?	5. ACTION What would produce a much more strategic, successful, and satisfying experience in the future? 1 _____ 2 _____ 3 _____ 4 _____ 5 _____

## WHY USE IT?

The Experience Transformer is an exercise that channels the intense energy of both negative and positive situations into a tool for learning and growth. This psychological and emotional tool allows you to stop the action, spotlight the situation, analyze what did and didn't work, brainstorm strategies and solutions, and then design a system to communicate with others. Used consistently, it becomes a powerful habit for immediately transforming experiences into lessons for the future. The Experience Transformer allows you to think clearly and creatively instead of being reactive. Rather than being overwhelmed by the intensity of a situation, you use your emotions as a catalyst for learning, insights, and breakthroughs. You immediately access your creative talents to come up with new solutions, improve systems, deepen relationships, and re-establish confidence. **THE BOTTOM LINE:** Transform the intense energy of both negative and positive experiences into important lessons and breakthroughs.

## HOW TO USE IT

- Fill out an Experience Transformer every time you experience failures, errors, breakdowns, upsets, accidents, or anything that undermines your confidence.
- Use it to analyze and learn from positive experiences so you can duplicate success in the future.
- Use it as a powerful communication tool with your family, team, and clients. Breakdowns are often a result of misunderstanding and incorrect expectations. Doing an Experience Transformer together will lead to new levels of teamwork and partnership.
- After an event, presentation, or meeting, use The Experience Transformer as a debriefing tool so you can take advantage of your new learning and insights to make continuous improvements.
- Use it to kick-start your thinking when you're designing a new system, process, or method.

## DEFINITIONS

**HOW YOU EXPECTED THINGS TO HAPPEN:** What you thought was going to happen.

**WHAT REALLY HAPPENED:** What actually happened, which might have been much better or much worse than you anticipated.

**INTENSE ENERGY:** The intense feelings that were generated as a result of what happened.

**REACTIVE RESPONSE:** A destructive response such as denial, escape, blame, guilt, avoidance, addiction, or even violence.

**CREATIVE RESPONSE:** A productive response such as taking time to pause and think, talking with others, doing physical exercise, using humor, or seeing the lesson.