

## Floodlight Surgery?

I recently got to thinking about light and how many different ways we use it to our advantage. Diving headlamps, recessed canister lighting, surgical lasers, lighthouse beacons, Halloween black lights. Seems like there's a special light for every possible use and occasion.

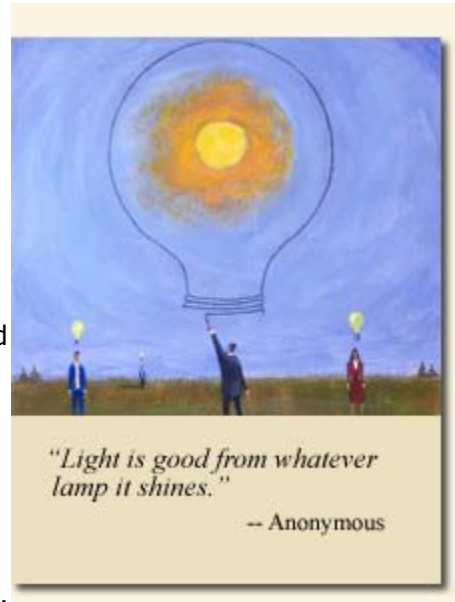
As intelligent beings, we "shine light" on the changes and challenges in our lives through our capacity to think logically, creatively, reflectively. But it's easy to get into a fixed way of thinking, kind of like that all-purpose, 60-watt incandescent bulb. How we analyze situations, solve problems, and make decisions often follows a predictable pattern. This can work for us most of the time, just as that ol' white light bulb meets most of our everyday household needs.

But wouldn't it be more powerful, more illuminating, if we could select the perfect way of thinking to ideally suit each problem or decision point we encounter? After all, a doctor wouldn't use a floodlight to remove a tumor, nor would a spelunker use a laser to find their way through a cave. Using light as a metaphor, let's talk about a range of thinking styles and how to select the best approach for a given situation, using career transition as an example.

**Candlelight.** A way of thinking that is quiet, calm, introspective, meditative. Thinking like candlelight uses peace, intuition, and spirituality to access inner wisdom and insight for important decisions. You might use this kind of thinking to ask yourself important questions about your ideal career, your contribution to society, or your life's purpose.

**Flashlight.** A flashlight is for searching, exploring, and illuminating. You can use flashlight thinking when you want to explore a problem or get more information. It's a frame of mind that is inquisitive, open-minded, non-judgmental, and optimistic. Flashlight thinking is great for researching new career opportunities, investigating organizations of interest, or figuring out how to expand your skill set.

**Floodlight.** This bold light is used to illuminate a wide area and dispel the darkness. Use floodlight thinking to open up your horizons and drive out fear. It's about being courageous and taking action, even when you feel scared. Floodlight thinking can be about believing in your own ability to find meaningful work or ask for that promotion. It's about choosing to see opportunity where none existed before.



**Ultraviolet/Infrared.** This is light we can't see, yet can feel its effects. It represents the Aha! moments in our lives, when something shifts and we suddenly see our situation differently. Sometimes these epiphanies take us by surprise; sometimes they're a long time coming. It's the moment of truth that says, "I don't want to do this job anymore," or "Hey, I *could* turn my hobby into a career!"

**Prism.** A prism isn't a source of light, but rather a filter for seeing light differently. I liken it to our imagination, allowing playfulness and creativity to transform ordinary thoughts into a rainbow of possibilities. It's inspired problem-solving, mind-mapping, brainstorming, playing with new ideas, letting yourself outside of your own box and seeing what happens. It's imagining what you'd do for work if money were no object, or if you could call a "do-over" on your career.

**Laser.** A laser is powerful, concentrated light source that's made for action. Laser thinking is precise, focused, and results-oriented. Use laser thinking to create S.M.A.R.T. goals (Specific, Measurable, Achievable, Realistic, Time-driven). It's knowing where you want to go and developing a plan for how to get there. An example is deciding to update your résumé by a certain date, or apply for a specific job that sounds perfect for you.

So next time you have a problem you're struggling with, ask yourself, "What kind of light am I shining on this situation?" Chances are you might benefit from changing the brightness, intensity or hue of your thoughts to come up with better solutions. And if your own light fails to illuminate, ask a friend to lend you theirs.

Curious about exploring your ideal career? Contact [me](#) today for a complimentary coaching session!