

**WHERE  
THE  
LIGHT  
GETS IN**

A glowing, translucent blue sphere with a bright light source inside, creating a lens flare effect. The sphere is positioned in the center of the page, overlapping the word 'LIGHT' in the main title.

**PERSPECTIVE  
TOOLKIT**

# A NOTE FROM BEN

Whether you study theology, sociology, physiology, psychology, philosophy, anthropology, or any other '-ology', there's one question they all help us answer:

## WHAT DOES IT MEAN TO BE HUMAN?

Each discipline offers a map to follow in navigating universal struggles.

These maps can be artfully detailed, but they're often written from different vantage points, sometimes in different languages, and with complex trails and signposts.

Using them to hack through our metaphorical dark forest along our hero's journey can be difficult.

Many of these maps are also thousands of years old, requiring a bit of simplification and reinterpretation to resonate with our world today.

The good news is that when you recognise the universal patterns that run across these disciplines and find the common threads hidden within these diverse approaches, suddenly a religion such as Buddhism or a philosophy such as Stoicism doesn't seem so anachronistic after all.

Among the many different methodologies these disciplines promote, there are three core states of mind that are often overlooked. Yet, in my view, they are more helpful than any others in simplifying the complexity and mind-f\*ckery of achieving emotional wellbeing.

In fact, these three are so fundamental to shaping your perspective, and so vital to answering what it means to be human, that it's nearly impossible to live a successful life without making these three wise monkeys your three best friends.

I call them the AAA muscles: **agency**, **acceptance** and **appreciation**.

Together, they form the gold standard for moving through the adventure of being human with more freedom, clarity and enjoyment. You simply can't find confidence and happiness without them.

I've often referred to the AAA muscles as the ultimate toolkit for any builder wanting to reconstruct their life.

**Agency** is our hammer – it has the power to shape, build and act with intent, and when you've got a hammer, everything looks like a nail. **Acceptance** is our level (or spirit level) – it helps us achieve alignment and keeps things from getting out of balance again. And **appreciation** is the light we carry to reveal the beauty of our work. What you do with these tools is up to you.

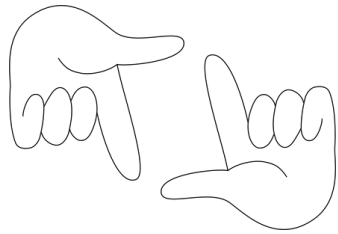
In this perspective toolkit, we're going to focus on flexing everyone's favourite AAA mindset muscle – appreciation.

Enjoy,  
Ben

# AAA Mindset Muscles



[WATCH VIDEO](#)



## It all starts with a shift

Shifting our perspective can make a world of difference in how we live and lead.

From world champions to future leaders, and everyone in between, let's explore one simple way to flip our perspective: from expectation to **appreciation**; from what we've got to do, to what we get to do.

**ACTIVITY**

# Got To vs Get To

A type of thinking characterised by expectation (got to), versus a sense of appreciation (get to).

Step 1: Write down a list of three things you'd normally say I 'got to' do.

*Examples: I 'got to' take the kids to school. I 'got to' go to the gym. I 'got to' present at this week's team meeting.*

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Step 2: Now, cross out the 'o' in each of those 'got to' statements, and replace it with an 'e.'

Take another look at what you get to do each day and consider how your perspective has changed.

Just like that, you've already begun to flip your perspective with a simple shift in language.

