



THE BLUE FAMILY TREE

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We all know our mindset is one of the most important and fundamental principles to protecting our lives when on duty. What we don't realize all the time is how to recognize your current mindset and make adjustments.

We have all experienced different mindset indicators without realizing it at the time. Here is just one example of a daily mindset indicator you can use to assess where you're at.

Have you ever gotten in the car in the morning and noticed your rearview mirror is staring straight at the backseat headrests? Then after you properly adjust it and go on about your busy day at work, you get back in the car in the afternoon to drive home and the mirror is showing you where the ceiling liner is pulling away around the back window? Is someone messing with you? Who else has keys to your car? What is going on...? You don't feel any different. You don't really believe you're seated differently. Why is the mirror so far off? Until one day when instead of adjusting the mirror, you adjust yourself. It's at that moment that you realize after all this time, that you have changed your position and it is you that needed adjusted, not the mirror.

It is easy when our mindset is off to make adjustments to the world around us to compensate, but that is not the proper response. When we realize our mindset is off, we owe it to ourselves and those around us, to make the adjustments in our position, not in the devices that help keep us out of place.

Keep yourself in check. Don't allow yourself to be your greatest enemy. This month I have taken a new position at my agency. I am surrounded by new co-workers, all of whom are half my age, and they have reminded me that my position has become slouched. Instead of adjusting the mirror again, I am moving back in my seat and viewing the job through the position I used to see it from. The slouched position is earned and should not go unrecognized for what it is worth. It comes from years of stress, and knowledge, wins, and losses. It's not a place to be ashamed of. But if you are slouching, find it in yourself to sit up straight for those around you who still see the world as you did once before. This mindset will not just save your life, but will make it worth living as well.

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