

Adopting adaptable and resilient mindsets (1/2)

Mindsets are the belief filters between you and reality. They influence what you perceive, how you feel, and how you behave. Mindsets impact your ability to learn and, ultimately, the success and satisfaction you will experience.

We all have the capacity to change our mindsets and behaviors, and, consequently, our outcomes, for the better.

Explore some of the mindsets that are common to adaptable and resilient people.

Fixed

vs.

Growth

“A challenge is a test that I pass or fail, based on my inherent abilities. If I am not already good at something, I will not do well.”

“I can learn to do anything I want. Challenges and mistakes are opportunities for learning and development.”

Expert

vs.

Curious

“I should already know the answer. I should perform during a challenge by having the answers.”

“I am going to ask a lot of questions, explore, and discover. I can learn a lot from trying something new.”

Reactive

vs.

Creative

“I need to identify the problem and what is causing it so I can apply tested, well-practiced solutions to bring the situation under control.”

“I need to lead with purpose. I will empower myself and others to explore new possibilities and experiment our way to an innovative solution.”

Adopting adaptable and resilient mindsets (2/2)

Victim

“There are many factors beyond my control that affect my ability to thrive, grow, and get things done.”

vs.

Agent

“Within reason, I believe in my ability to learn new things, overcome challenges, and accomplish just about anything I put my mind to.”

Scarcity

“A challenge typically involves limited resources, hard choices, and trade-offs that must be made.”

vs.

Abundance

“A challenge is typically a potential win-win situation looking to be discovered.”

Certainty

“I would rather things go according to plan than take a detour that may end up better.”

vs.

Exploration

“I do not know what the future holds, so the best way to succeed is to plan ahead but be flexible and curious as I go.”

Protection

“I need to prevent something bad from happening.”

vs.

Opportunity

“I could make something great happen.”