

One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again.

Abraham Maslow

Top tips to change your mindset and adopt new ways of thinking



Cultivate Curiosity

The desire to know more, a willingness to seek out and embrace the unknown. The most common barrier to curiosity is the fear of the unknown and anxiety caused by facing uncertainty.

Tip 1: Get rid of 'I'm bored' from your vocabulary

Look at things from multiple and different perspectives. Watch the mannerisms of people around you.

Tip 2: Do something different

Make it a habit to practice doing something new and different every week. Listen to a different genre of music. Watch a new TV channel.



Have a Growth Mindset

Believe that talents can be developed through hard work, strategy and input from others. With a fixed mindset, when we face challenges or receive criticism, we easily fall into insecurity or defensiveness.

Tip 1: Find your purpose

Take time to reflect and find your purpose.

Tip 2: Integrate the word 'yet' into your vocabulary.

This will help you believe that despite struggles, you can do still do what it is you want to do.



Practice Learning Agility

A willingness to learn from experience and apply learnings in new situations. Let go of outdated beliefs and ways of doing things that are no longer appropriate or may no longer serve you.

Tip 1: Be aware of being stuck in certain ways of problem-solving

When facing a problem or challenge, start by asking "What may be stopping me from trying something different?"

Tip 2: Look for connections across seemingly unrelated areas

Choose something you have expertise in but may be unrelated to the work you do and ask yourself how you might apply this knowledge to your current challenge.



Deal with Paradox

Deal with contradictory perspectives and think 'both/and' instead of 'either/or'. Our brain is wired to resolve tensions or competing demands by reacting defensively with a quick either/or option and response.

Tip 1: Let go of control

Learn to admit you often don't have the full solution, but that you may need to integrate a variety of options from other people.

Tip 2: Be aware of biases

Become aware of any biases you may have that make paradoxes or contradictions seem threatening and to be avoided. Are these biases inhibiting your ability to navigate paradox?



Tolerate Ambiguity

Be comfortable with uncertainty, unpredictability, conflicting directions and multiple demands. Our brains are wired to avoid ambiguity - rather, we seek certainty and predictability.

Tip 1: Change the way you see uncertainty

Change your narrative to redefine ambiguity, so you can accept it. Use phrases like: 'It's only human to worry and this is okay', and 'This situation is scary, but I'm not alone in feeling this'.

Tip 2: Make small bets

To manage uncertainty and ambiguity break down risks into a series of experiments or small bets. Try out things on a smaller scale 'to test the water'.

Take the Future Fit self-assessment and identify your areas of strength and weakness across a variety of essential leadership and success traits.

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