

Embracing an Adaptive Mindset Worksheet

Additional Resources:

- Youtube Video: <https://www.youtube.com/watch?v=qgorpcN6kbY>
- Blog Post: <https://audaciousinnerworks.com/audacious-you-embracing-an-adaptive-mindset-in-a-changing-world>

Reflect on the question below and then follow the steps to engage in a self-study. For additional support, watch the YouTube video or read the blog post.

***What is required for you to be adaptive
in a disruptive world?***



Step 1: Jot down 1 – 3 concrete ideas to the question.

Consider where you could pivot in your thinking to minimize unnecessary suffering, create more wellness and flow, or be future-ready.



Step 2: Choose one idea to explore mindfully for at least two weeks.

To get started, perhaps choose an idea that has high value/relative low effort—a “low hanging fruit.”



Step 3: Journal the opportunities and challenges that emerge.

Take stock of your findings and wins. Brainstorm ways you might convert challenges into opportunities or manage/eliminate them.



Step 4: Keep striving towards habituation and your wellness.

Keep going beyond the two weeks! Refine your “low-hanging fruit” practice or integrate another one of your ideas.

Keep experimenting towards **re-imagined** ways of thinking and being that focus on your well-being.

Additional Notes & Findings: