6 Mindsets for Embracing Change

Mental Agility

Mental agility is the ability to adapt to change by flexibly adjusting your attention. With mental agility, you toggle between hyper-focus (zooming in) and big-picture awareness (zooming out).

With focus – or zooming in – you stay with single-pointed attention on the task at hand and effectively execute your priorities.

With awareness – or zooming out – you are able to look at the bigger picture, the future, and the changes ahead.

MENTAL AGILITY

MENTALLY AGILE LEADERS HAVE:

- 37% less tendency for burnout in their jobs.*
- 22% higher satisfaction and engagement with their job.*
- 32% higher commitment to their organization.*

* (Potential Project Human Leader study)

TIPS

1. REWIRE YOUR BRAIN FOR AGILITY WITH A 10-MINUTE DAILY MINDFULNESS PRACTICE
   - Sit in a way that’s both alert and relaxed.
   - Allow your mind and the body to settle.
   - Notice your breath and the experience of breathing. Don’t try to control your breath; this isn’t a breathing exercise. You are training your focus, and the breath is simply the object of your attention. Your only task is sustained focus on the breath.
   - Notice when you get distracted by a sound, sensation, or thought. Be aware of this – “ah, my mind has wandered.” Then, let go of the distraction and return your focus to your breath.
   - See if you can do this for 10 minutes.

2. TAKE MENTAL BREAKS
   Think of your work in terms of small sprints. Between the sprints, let your mind settle down for even just a minute. Take small pauses throughout the day when you are not trying to achieve anything. This will deepen your focus and awareness and will help you assess whether you are focusing on the right things.