



DEVELOPING YOUR MINDSET

Learning with intention, and cultivating an open mindset, is a key to developing yourself, your relationship with others, and being prepared for the future of work. This Talent Transformation worksheet helps you cultivate openness to develop your talents to learn.

Cultivating curiosity is essential for building the trait of openness. This can be achieved even by those individuals who are not naturally curious. Here are 6 tips to become more curious and seek novel experiences and ideas. Complete the worksheet under each tip to help yourself think through how you will develop this skill.

TIP 1: TRY NEW THINGS

	What new activity do you want to pursue to develop new skills?	How often or how long do your plan to try this new activity?	On reflection how difficult was this effort? How did you feel about it? How will I apply this tip in the future?
1			
2			
3			
4			
5			

TIP 2: PERCEIVE DIFFICULT TASKS AS OPPORTUNITIES

Perceiving difficult tasks as learning opportunities can help you develop the courage to take on tasks that you are not familiar with.

	What tasks do you think are difficult?	What challenging assignment or task would you like to try?	On reflection, how will you overcome your resistance to this activity and identify its benefits?
1			
2			
3			
4			
5			

TIP 3: KEEP INNOVATING

We often stop learning after we achieve something. Not letting success stop you from innovating can lead to bigger, better achievements.

	What recent accomplishment makes you most proud?	How could you creatively build on that success?	On reflection, how often did you use creatively to build on your successes?
1			
2			
3			
4			
5			

TIP 4: CHALLENGE YOUR ASSUMPTIONS.

Our assumptions can hold us back and so looking at ideas from different perspectives helps develop openness to new learning experience.

	Which assumptions would you like to challenge?	What different perspective can there be about this assumption?	On reflection, what other assumptions could you have challenged?
1			
2			
3			
4			
5			

TIP 5: GET OUT OF YOUR COMFORT ZONE

We all love to be in our comfort zone. It brings us confidence and makes us feel secure and successful.

	Define what is in and is outside your current comfort zone.	What activities are you going to take on to step outside your comfort zone?	On reflection, what actions did you take to step out of your comfort zone?
1			
2			
3			
4			
5			

TIP 6: ASK YOURSELF QUESTIONS

Often the first expression of curiosity is to ask questions and seek answers. The following questions will help you evaluate your resistance to innovative ideas and open yourself up to new attitudes and approaches.

What holds you back from asking questions in meeting, with friends, or during discussions?

What are your fears when you think of adopting something new?

What makes you reluctant to try new assignments or perform new tasks?

What pushes you to stick with tried and tested practices instead of trying novel approaches for decision making and problem solving?

What new opportunities do you assume you would resist? What are the barriers that keep you from pursuing new opportunities?