

FLEXIBLE THINKING INVITES SUCCESS INTO MY LIFE

Keeping an open mind gives me power to face daily challenges. I increase my resilience. I am more productive and feel less pressured. When I am willing to adapt to new conditions, I continue to make progress even when unexpected situations come my way.

My relationships with others strengthen when I am less rigid. When I abandon the desire to have everything my own way, I can see things from the perspective of others more clearly.

This willingness to experiment is very helpful in forming new and better habits. I examine the way I have always done things and look for different options.

I am free to enrich my future rather than being stuck on old routines.

I love the feelings that accompany my mental suppleness. A great sense of ease comes over me when I accept situations as they are and work to make them better. My energies are devoted to producing positive solutions.

I can do this in any context so I know I can be happy and productive anywhere. This builds my confidence.

Today, I go forth with the resolution to keep an open mind. I view my daily routine from a fresh perspective and look forward to experimenting with alternative ways of managing my personal life.

REFLECTION QUESTIONS

1

How can keeping an open mind help me overcome challenges in my life?

2

What are some examples of situations where flexible thinking led to positive outcomes?

3

How can I practice flexible thinking to improve my relationships with others?