

Reinventing Yourself – Resources and Readings Pt.3

In the last part of our article series about reinventing yourself through challenging times, we would like to introduce some resources to you, which will guide you on your way of reinvention.

Cultivating an Outward Mindset in Times of Changes

First of all, what do we mean when talking about inward vs outward mindsets? In simple words, mindset is how we see. It is the lens through which we see our work, our relationships, and our world. It is at the foundation of all that we do and it shapes how we do it.¹

Based on research conducted by the Arbinger Institute it was observed that people operate at any given time from one of these two mindsets: an inward mindset or an outward mindset.

An inward mindset is focused only on our own personal goals and objectives, without consideration for our impact on others. With this self-focused inward mindset, we see others not as people with their own needs, challenges, and objectives, but simply as objects.

People with an outward mindset take others into account, pay attention to others' needs and perspectives, see challenges as opportunities and are more likely to see collaboration opportunities and leverage collective thinking. We still feel responsible to do our jobs as well as we can, but also we choose to do them in a way that supports others in doing their jobs—because we know their jobs contribute to the organization's results just like ours do.¹

To learn more about outward mindset, watch video Two Mindsets by The Arbinger Institute
<https://www.youtube.com/watch?v=zzE6Fd7D-jU&t=27s>



Your mindset and how you encounter situations also play a vital role in Jack Canfield's "The Success Principles™". In his guidebook Canfield introduces the **E + R = O principle**. The abbreviation stands for: E (Events) + R (Responses) = O (Outcome)

Canfield is convinced that the events we encounter cannot be controlled. We don't have direct control over the outcomes. But, we can control our responses to the events to generate better outcomes.

You can read the article The Success Formula that Puts You in Control of Your Destiny by Jack Canfield
<https://www.jackcanfield.com/blog/the-formula-that-puts-you-in-control-of-success/>

Debra Russell introduces another helpful crisis-coping tool: **The Circles of Influence**.

The Circles of Influence can be a great tool to find individual ways to cope with challenges. When you feel out of control, you can categorize the events into 4 circles, according to Russell:

- Zero Control
- Minimal Influence
- Direct Influence
- Control

Then, you can ask yourself: which circle am I going to put my focus, time and energy into?

To learn more, watch this video by Debra Russell about the Circles of Influence:

<https://www.youtube.com/watch?v=scZYignY3rU>

Building Resilience is also an important capability nowadays. We all face trauma, adversity and other stresses, but if we want to, we can learn to navigate life-changing situations.

Psychologists define resilience as the process of adapting well to difficult situations like trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. Resilience is a kind of "bouncing back" from these difficult experiences and it can also involve profound personal growth.

Even if you think you are not a resilient person by nature, you can learn to develop a resilient mindset. To learn more about how to build resilience:

Read article Developing Resilience by Mind Tools Content Team

<https://www.mindtools.com/pages/article/resilience.htm>

Watch TEDxChristchurch The Three Secrets of Resilient People by resilient expert Lucy Hone

https://www.ted.com/talks/lucy_hone_the_three_secrets_of_resilient_people

1 <https://arbingerinstitute.com/BlogDetail?id=48>
