

HOW TO BE MORE FLEXIBLE

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Are you flexible in your thoughts?

We may be flexible in our actions, but often we may be stuck in a rigid way of thinking that's causing us to have an all or nothing mentality.

INFLEXIBLE PHRASES:

"I am flexible enough"

"I have to..."

"Once this is over...then I will be able to..."

MENTAL FLEXIBILITY EXERCISES:

- *Be flexible with your time*
- *Be flexible with your resources*
- *Be flexible with yourself*
- *Be flexible with others*

reflections:

Am I feeling overwhelmed frequently?

Do I suffer from all or nothing thinking?

Do I use common rigid thinking phrases?

Which exercise can I practice today to increase my mental flexibility?

Notes: