

THINKING
LEADERS

TAKING ACTION

**Behavioural &
Emotional Flexibility**

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WHAT IS BEHAVIOURAL FLEXIBILITY?

Successful people know the value of being flexible.

They know that the more flexible they are the more choice they have, and the more they are able to adapt to changes in circumstances in the external environment, the more success they will achieve.

The rigid ego-driven thinker who sees only their side of the story will have the least impact on the system and find situations challenging.

Every one of us is responsible for our own life. We may not be able to control external events (what happens to us, around us or to others), but we are capable of controlling our reactions and response to those events.

Ask yourself the following:

Do you have behavioural flexibility, or will the same words or actions always produce the same hard wired/unconscious response from you?

Have you ever regretted that response?



ASK YOURSELF?

Are there people who know how to to get a reaction from you?

Do you wish you could have more control over your behaviour?

Specifically how does your behaviour reflect on how you are perceived, in business and socially?

Do you believe you have a lack of behavioural flexibility that holds you back?

In order to change behaviour, we need to change our thinking. Your thinking creates your behaviour which create your results.

And a key part of this is the need to be flexible in the way we approach interactions.

All too often we are fixed in our behaviour and approach, which creates the same fixed outcome over and over again.

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WHAT IS EMOTIONAL FLEXIBILITY?

A lot of us find it challenging to connect with our emotions.

It is easier and safer to just keep going, regardless of what our body tells us.

But when we listen to our bodies - through overwhelm, frustration, anger or sadness, whatever it is - the more we acknowledge the emotions and feel them - yes actually feel them, then the better we can lead ourselves, and then others.

For example, I feel sad.

I'm going to sit with it and feel it.

I'm not going to numb it with alcohol, food or busyness.

Just sit with the emotion and allow them in.

Allow them to fill up your body and experience the full range of emotions - to laugh, cry, scream.

The more we bottle up or numb our emotions, they more they fester and control our lives.

We continually run away from them rather than processing and feeling them fully.



ASK YOURSELF...

What emotions do you focus on?

Are these emotions going to serve you as you move towards your best version of you?

For the 'Yes' emotions, how so?

For the 'No' emotions, what are these emotions costing you?

What emotions would serve you in the discovery of your best self?

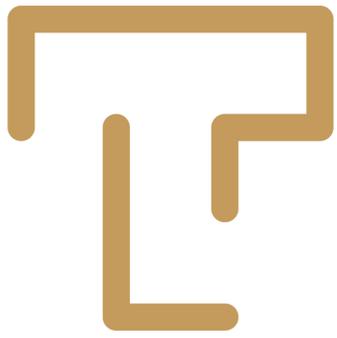
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