

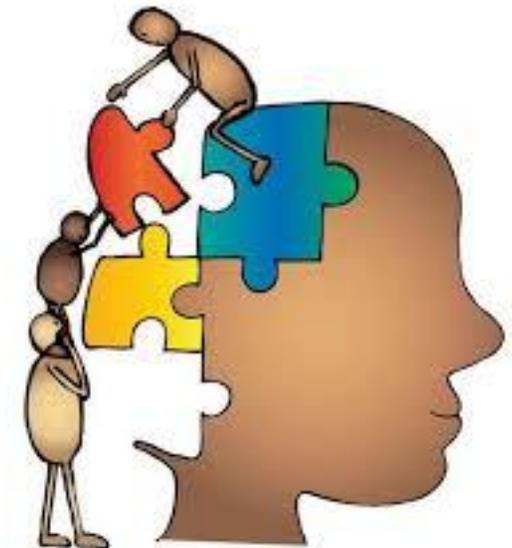


**“Incredible Practitioners to empower adults
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Open Mind



A closed mind knows or thinks it knows; an open mind welcomes new learning. Each one of us has access to the same words; therefore, each one of us is capable of greatness. A closed mind creates barriers whether seen or unseen, acknowledged or ignored, yet an open mind cherishes and celebrates new possibilities and new potential.



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Adjusting Your Perspective

Embrace the unknown. If you want to be more open, then the first thing you have to do is embrace something that is completely alien to you. Sure, this may seem a bit broader, but the unknown can really mean something as simple as another way to work, eventually accepting that date of coffee with your neighbor or watching a movie by a director which you have never heard of.

Have you never checked the new restaurant in town because you do not know how it is there? Now is the time to check it out.

Did you avoid signing up for the training you are interested in because you know nothing about entrepreneurship? Go.

You avoided talking about your career because you're afraid you will not know what you're doing. Check them out and see that it was not as scary as you thought.



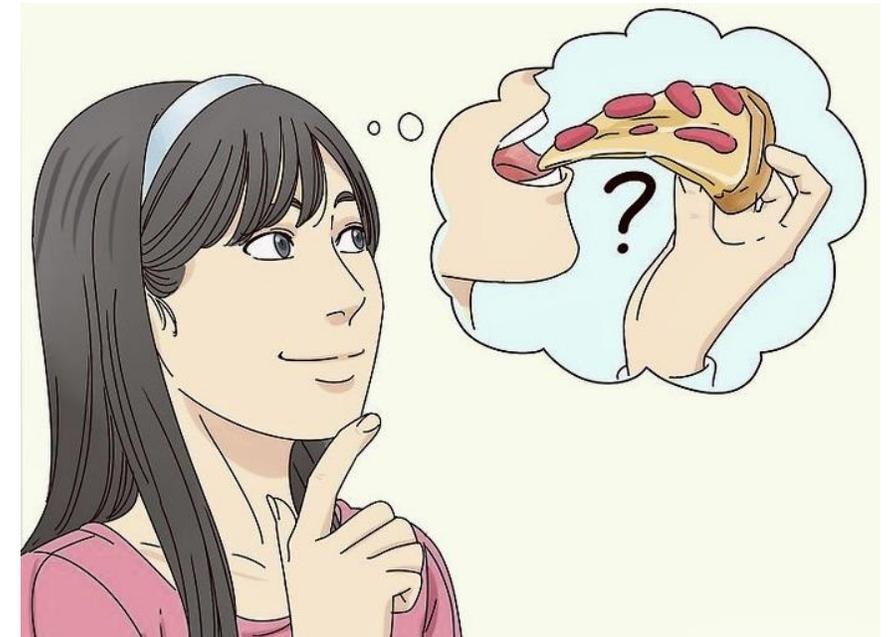


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Don't knock anything before you try it

Do not beat anything before trying! Close people are famous for forming negative opinions about things they have never tried. Maybe I hate a job that I think is not for them without ever trying it myself. So, the next time you get a negative opinion about something, ask yourself what evidence you have to support your ideas.

If you find that there is absolutely no proof to prove your case, then you should try that before telling you something else.
If your only evidence comes from biased sources like your favorite buddy or your colleague who agrees with everything you say then it does not matter.





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Adjusting Your Perspective

Just say 'yes' instead of 'no'! If you want to be more open, then you have to say "yes" to what you would have said before "no". This could be your friend's permanent invitation to go to an open mind training course or even to look for a new field of activity together. Do not say anything and start saying that you want to try them. You will be surprised at how this changes your perspective.

The next time you say something, ask yourself what is behind this impulse: is this fear of the unknown? Need to get out of your comfort zone? The desire to stay home instead of meeting new people? Make the sensation and find a way to fight it.





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Adjusting Your Perspective

Think of three positive things for each negative thing! Although being close does not necessarily equate to being negative, many close people tend to see most things in the world as negative or threatening and tend to stay on the things they know. So next time you catch a negative thought that crosses your brain, counter it with a positive thought.

You will feel good. Suppose you get caught saying, "Today will be heat. This is a bad weather." Can you think of something good this morning? Try: "But there is nothing to read a book or to find something interesting on the computer." "Being more positive will help you embrace the things you think you hated.

The same is true for whining and complaints. If you get caught crying and complaining about something, immediately dismiss your complaints with praise or enthusiasm surrounding that thing.

You can find good in almost every situation. Maybe you hate your way home from work, but you can leave your own time listening to your favorite audiobook on headphones.

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Decide To Be Positive!

Decide to be Open Mind!

