

CHANGE AGILITY & GROWTH MINDSET

THE 5 MENTAL BLOCKS THAT PREVENT ADAPTING TO CHANGE

LEARNED HELPLESSNESS

I feel like I don't have control and am a victim so I give up trying.

PROJECTING BLAME

It's someone else's fault this is happening to me so why make an effort or take any ownership.

OVER PROTECTION

Because I can't control this one thing, I feel the need to control everything with rigidity and micro-management

AMBIGUITY INTOLERANCE

Uncertainty/ambiguity is a threat so I avoid it at all costs, I'm unwilling to move forward until things are crystal clear.

LOSS AVERSION

I focus more on what I am losing through change than what I might be gaining from it.

Take a moment to think about a time that you had a hard time with a change at work or in your life, what was the strongest of these 5 mental blocks that you experienced?