

## Stances to Support You in Shifting to an Open Mindset

<p><b>Curious (<i>Open-minded</i>)</b></p> <p>What can be learned from this? What surprises are there? Wondering and being open-minded.</p>	<p><b>Appreciative (<i>Open to the present</i>)</b></p> <p>Being thankful and grateful for what is, appreciating strengths, and looking for what can be beneficial about a person and situation. Remaining grounded in current state.</p>
<p><b>Compassionate (<i>Open-hearted</i>)</b></p> <p>What are others experiencing? Caring for and understanding others and the human condition and interconnectedness.</p>	<p><b>Optimistic (<i>Open to the future</i>)</b></p> <p>Being hopeful and resilient, trusting that things will work out even when it is not clear how. Focusing on potential and possibilities.</p>
<p><b>Courageous (<i>Open-gutted</i>)</b></p> <p>What is needed? What risk or vulnerability is needed? What supports integrity and resilience?</p>	<p><b>Connected (<i>Back-up Support</i>)</b></p> <p>Recognizing that you are interconnected with others and receive support in different facets of your life. Support is available.</p>
<p><b>Welcoming/Nonjudgmental (<i>Open-handed</i>)</b></p> <p>Being responsive. Respectful rather than reactive. Being expansive instead of contracted. Creating space for differences.</p>	<p><b>Creative (<i>Inspired and Generative</i>)</b></p> <p>The ability to explore new things and ideas. Use imagination to be innovative and create meaningful new ideas, forms and ways.</p>