

Success requires this!

We are excited to bring you this edition of your Weekly Winning Resource all about the word flexible. If you are emotionally flexible, you will be able to learn more quickly, solve problems faster and more creatively, and adapt and respond to new situations more effectively. Going with the flow isn't just a fun play on words, there is actually some real truth to the idea of being able to move and adapt as needed. Being flexible in your thinking is a necessary skill for dealing with life's challenges and constantly changing environment. The issue is, it's much easier said than done. Most of us have trouble with change, and as human nature has it, we tend to naturally have a more fixed mindset than one of growth and flexibility. It is so important to make sure you are always open to new ways of thinking and able to pivot when life takes an unexpected turn. If you are mentally flexible, you will ultimately succeed.

Your Weekly Winning Word:

Flexible:

Ready and able to change so as to adapt to different circumstances.

Your Weekly Winning Article:

It is human nature to be more fixed in our mindset and stay within the boundaries of comfort. For most of us, it takes being intentional about having a growth mindset and being mindful of how willing and open we are to change. With work and persistent effort, any of us have the ability to improve our mental flexibility. In our article this week, we share 3 ways that can be helpful in this process. Check it out

here: [Click Here to Read](#)

Your Weekly Winning Challenge:

Consider one thing that you know you struggle with having a fixed mindset on. It could be not wanting to wake up early, changing a routine, or trying out a new activity. For this week, decide to do something different and work through the challenges that come with change. Journal how you feel and what results you get.

Your Weekly Winning Quote:

“Stay committed to your decisions, but stay flexible in your approach.” ~Tony Robbins

Having a coach is a great action step to test how mentally flexible you are.

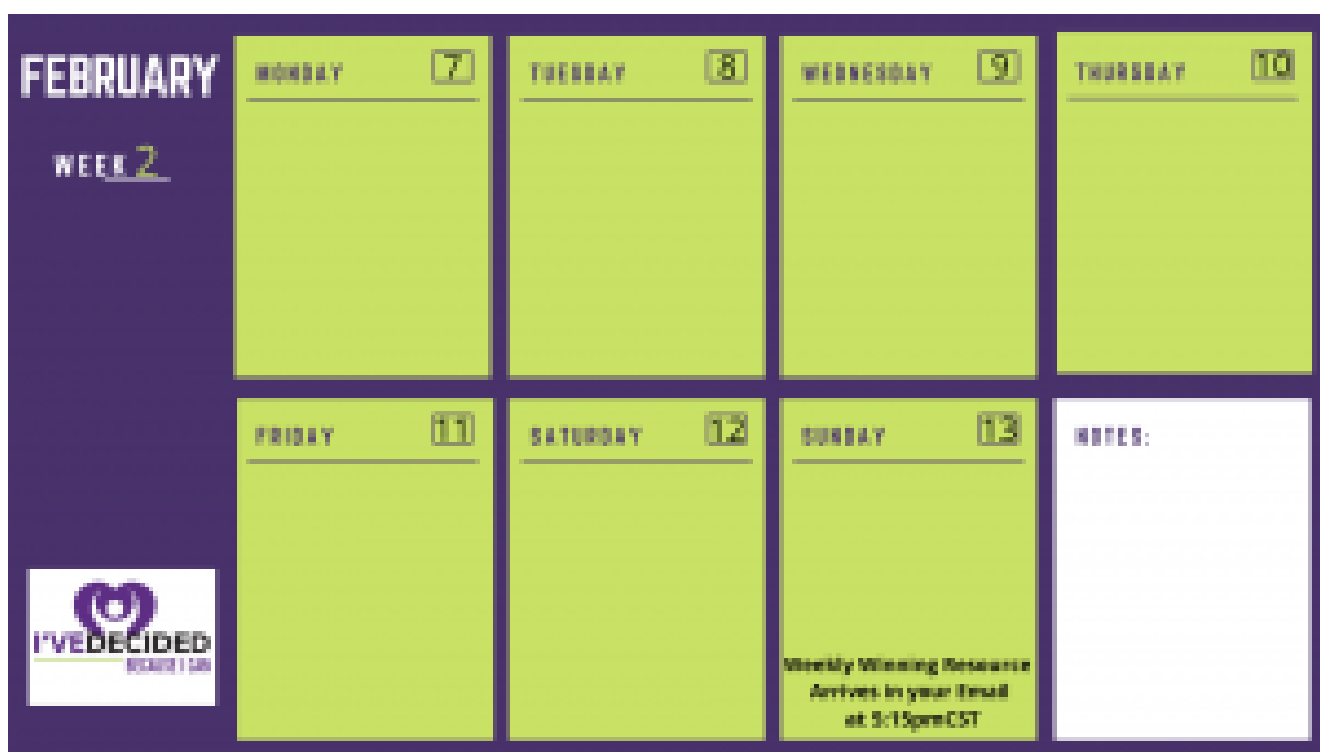
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