

Chapter 11: Flexibility

ONE-MINUTE WORKOUT

For your one-minute workout, the next time you find yourself venting, Pause and Think. Is what you're venting about something in your circle of control or influence? If yes, consider what Action you can take. Have a conversation or do something to solve the problem.

If it isn't in your circle of control or influence, or if you don't want to have a conversation with the person at the source of your frustration, practice Flexibility. Acknowledge the frustration and choose to let it go; accept the situation for what it is.

Bonus: This workout can be even more effective if you do it with a partner. You can keep each other in check and support each other in engaging your core: focus on your choices and what you control.

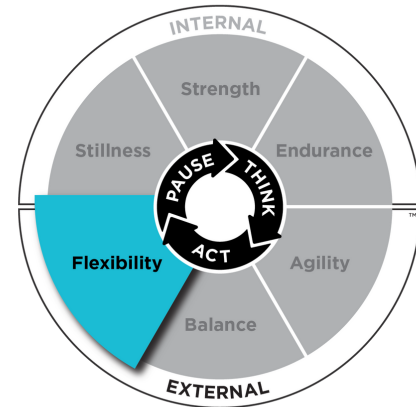
REPLAY

Flexibility is:

- Letting go of judgment
- Accepting others as they are
- Focusing on what's in your control

Flexibility is not:

- Trying to change other people
- Being a doormat
- Condoning bad behavior



THINK QUESTIONS

- How is my judgment of this other person affecting me?
- Is this my business?
- What's the cost of accepting this person? What's the cost of not accepting them?
- How can I stretch to fully accept this person, just as they are?
- If I can't accept the behavior, can I still accept the person?
- If that's still too hard, can I at least accept that I can't change this person?

TRAINING PLAN

- Work toward acceptance.
- Find a new perspective.
- Bring your focus inward.
- Ask questions and seek to understand.