

Mind Your Mindset

Do less of this:

Suffer as a result of problems you do not believe you created

See problems as threatening and confrontational

Feel powerless to change or control your thoughts, feelings and behaviours

Become helpless and focus on things you can't influence or control

Stand by and do nothing and so become a bystander

Do more of this:

Focus on actions and responses, not who or what caused problems

See problems as challenges to learn from and overcome

Feel powerful and make choices about how you will think, feel and act

Stay engaged and focus on things within your influence and control

Lead with action and accountability to be an upstander

