



HOW TO DEVELOP A BEGINNER'S MIND 3 TIPS

"In the beginner's mind there are many possibilities, in the expert's mind there are a few." - Shunryu Suzuki

Beginner's Mind can be defined as the ability to see things, people and events with fresh eyes. Letting go of previous experiences and judgement. Beginner's mind is critical for problem solving and essential for an innovative mindset.

A great way to cultivate a beginner's mind and overcome cognitive rigidity is by establishing a daily mindfulness practice. However it does take time, discipline and effort to develop a regular mindfulness practice. If you love shortcuts and life-hacks below are 3 tips that can help you to start re-wiring you brain and develop cognitive flexibility.

TIP 01

Be curious, present and watch-out for habitual perception.

Make a conscious decision to choose the fresh perspective of a beginner's mind. You are an expert in your field. Wonderful! Next time an issue is raised, let go of the presumption you know the answer and listen carefully. Look closely. Question how/why things are done in your organisation/team. Take notes. Reflect. Discuss.

Let go of the inner dialogue.

At work we all have a task or a person that might trigger a negative response in us. Next time you need to deal with that, PAUSE and try your best to apply beginner's mind. Observe your body's physical response. Notice the (potential) negative inner dialogue, but do not engage with it. Let go of previous experience and judgment. Be fully present with the situation. Be open and notice what happens next.

TIP 02

TIP 03

Challenge your daily routine.

Observe your daily routine for an entire week and ask yourself: "Why do I do this every day? How could I do this differently?" Systematically challenge your default operation mode.

