

<p>1. Identify your values: What are the values?</p> <p>(You can find a valuable values exercise within our Emotional Intelligence Book)</p> <p>How did those values determine how you approached this Change or situation?</p> <p>For example: if you value connection, a new system that requires lots of virtual and remote work might not be your cup of tea.</p>	
<p>2. Review Your Self-Talk: your inner dialogue provides insight into your Mindset.</p> <p>What did you tell yourself during this Change? What words did you use to describe this Change?</p> <p>What words did you use to describe yourself/your role during this Change?</p>	
<p>3. Review Your Reactions: The way you react tells a lot about your Mindset.</p> <p>How did you react during this Change? Did you show openness in terms of accepting other opinions about this Change?</p> <p>Were you defensive? Trying to prove your point of view?</p> <p>Were you emotional?</p> <p>How did you communicate with others? Calmly, aggressively?</p>	
<p>4. Seek Feedback: Ask people you trust about feedback regarding your Mindset. How they generally perceive your Mindset. And if they can provide more specific feedback about your Mindset during the Change, you went through.</p>	