



# HOW TO BE MORE OPEN-MINDED: THE WORKBOOK

*Rachael Kable*

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***Hello and welcome to this interactive workbook  
I have created just for you!***

***I'm super excited to be able to help you on your  
journey to becoming more open-minded.***

***Let's dive in!***

## Being more open-minded with yourself

### Activity One

**Become a little more familiar with your personality  
and your strengths and areas for growth.**

***Tips for learning more about your personality:***

*-read a book about personality, such as *Gifts Differing: Understanding Personality Types* by Isabel Briggs Myers and Peter Myers*

*-do an online personality test, such as *16 Personalities Free Personality Test**

*Identify your strengths and areas for growth (without judgement)*

*Use the questions on the following page to help you complete the strengths and areas for growth table.*

## STRENGTHS...

**What do I do well?**

**What do people compliment me about?**

**What do I feel confident in?**

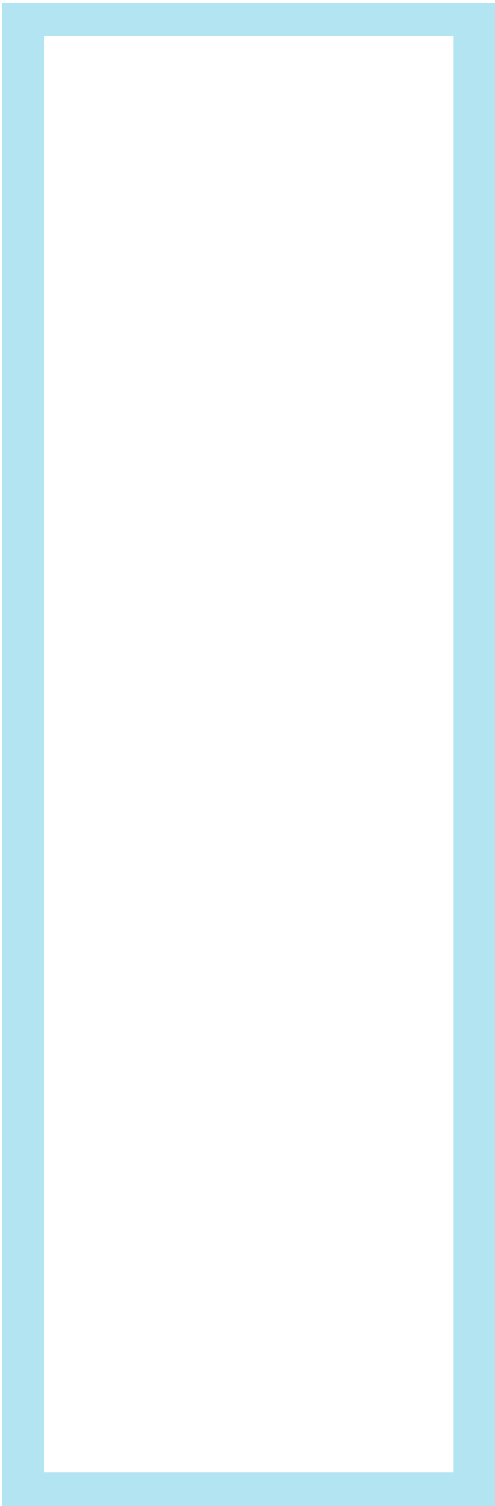
## AREAS FOR GROWTH...

**What are things I could improve on?**

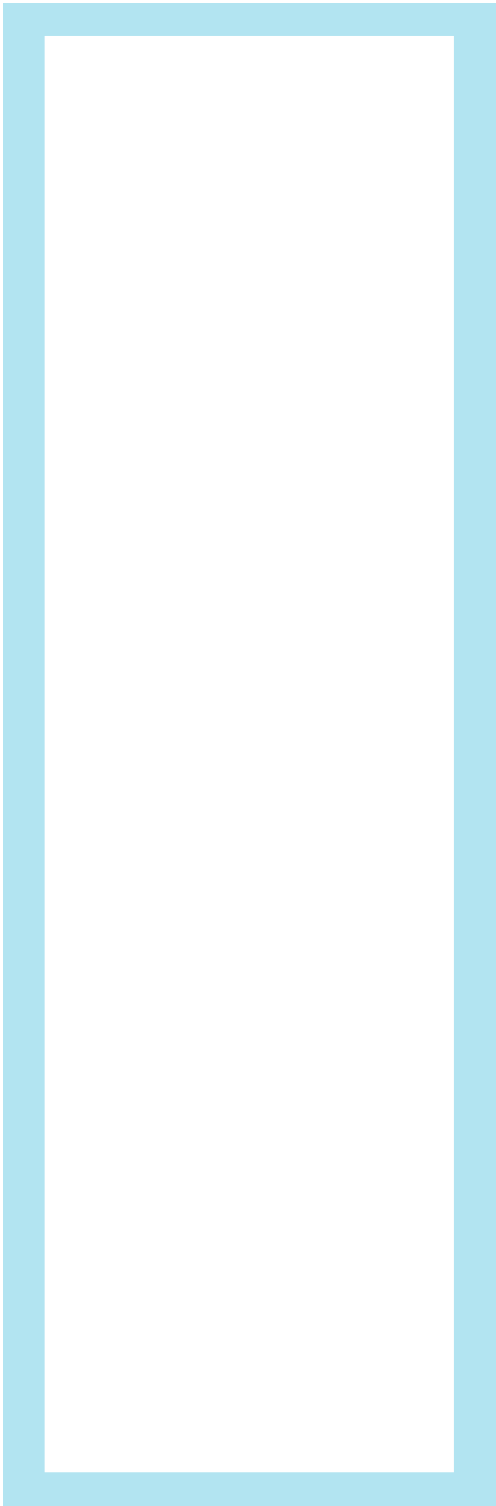
**When do I feel like I'm not being the best version of myself?**

**What is an area I'd like to grow in?**

**STRENGTHS**



**AREA FOR  
GROWTH**



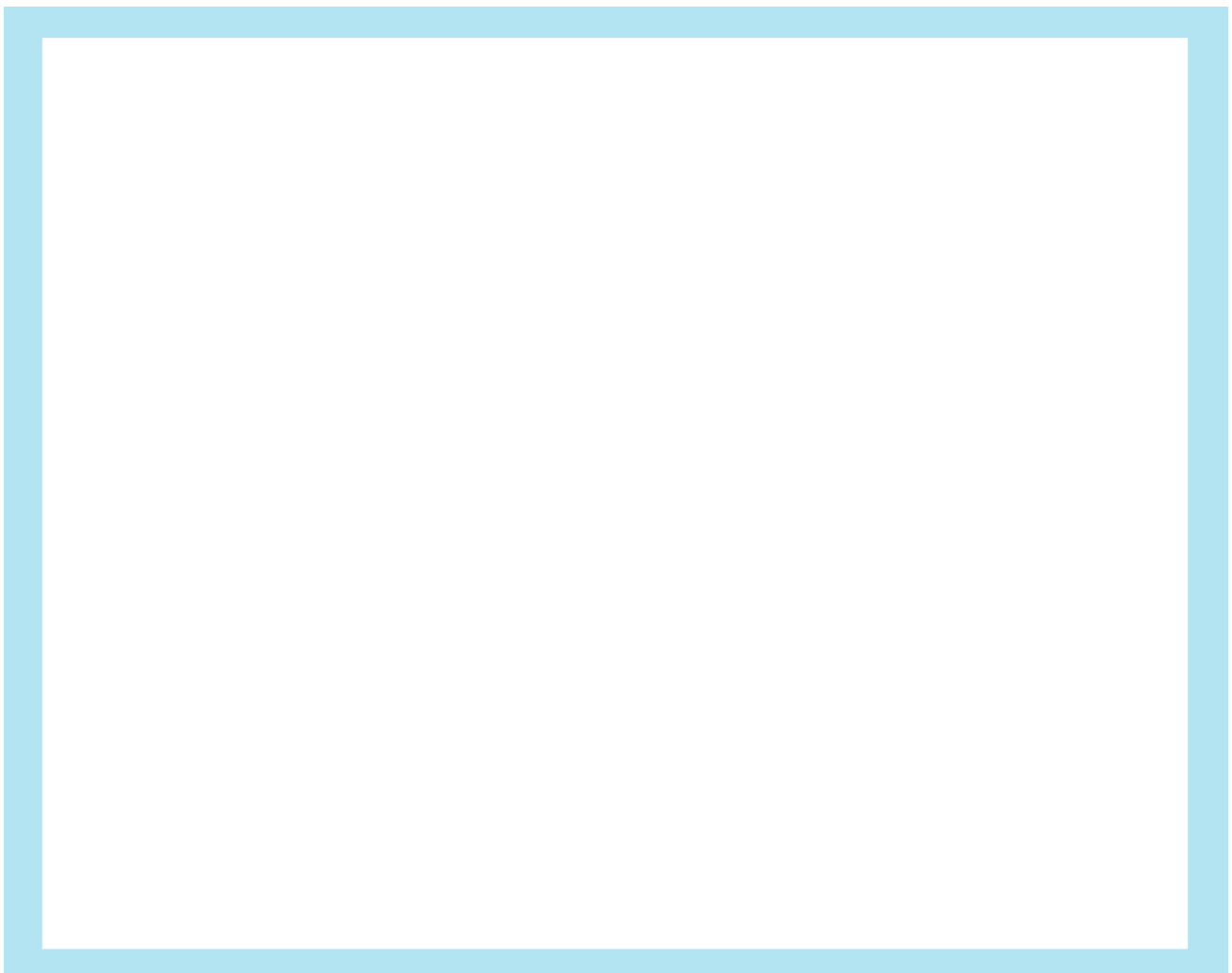
## Activity Two

**Talk to yourself in the same way you would talk to a friend.**

***Practice this by looking at some of your strengths and areas for growth in the table above and imagine they are the strengths and areas for growth of a friend.***

*Write down some of the things you might say if your friend asked you to comment on their strengths and areas for growth?*

*For example, if an area for growth is “I tend to snap at people around me when I’m tired” you might write: It’s understandable that you would be irritable when you’re tired. After all, you have a lot on your plate right now and you’re juggling different things.*



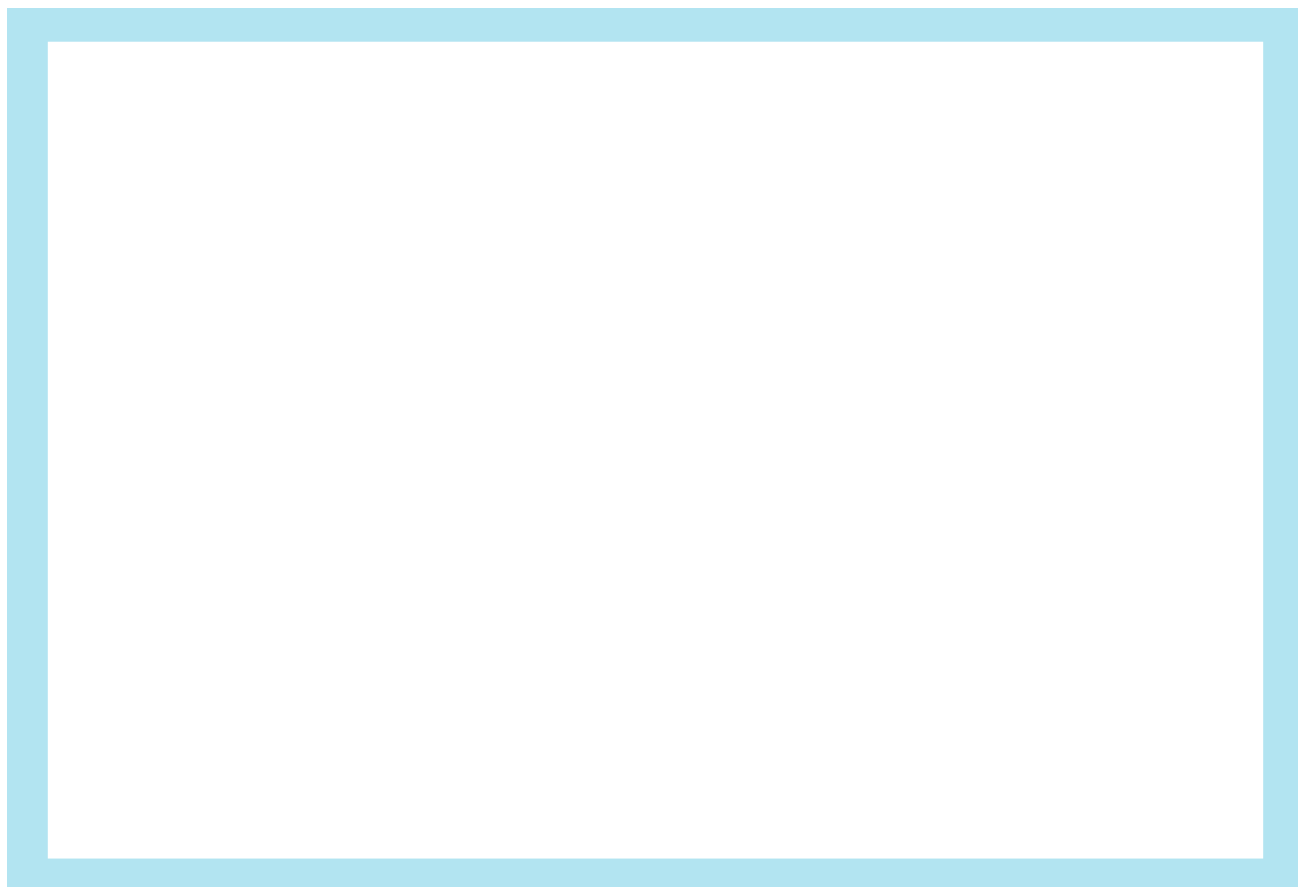
### Activity Three

The next activity is about overcoming the impact of other people's judgements and opinions about you.

**Write down a set of helpful thoughts you could have when someone offers you an opinion.** Rather than simply accepting their opinion and perhaps then feeling not good enough and criticising yourself unnecessarily, read over your list of helpful thoughts to cultivate more open-mindedness.

For example, a helpful thought could be "I can listen openly to someone's opinion about me, but I am capable of making my own decisions." Or "Is there some truth to their opinion? If yes, then what is the best way to move forward?"

## HELPFUL THOUGHTS...



## Top tips for being more open-minded during challenging situations or when experiencing strong emotions:

### TIP ONE:

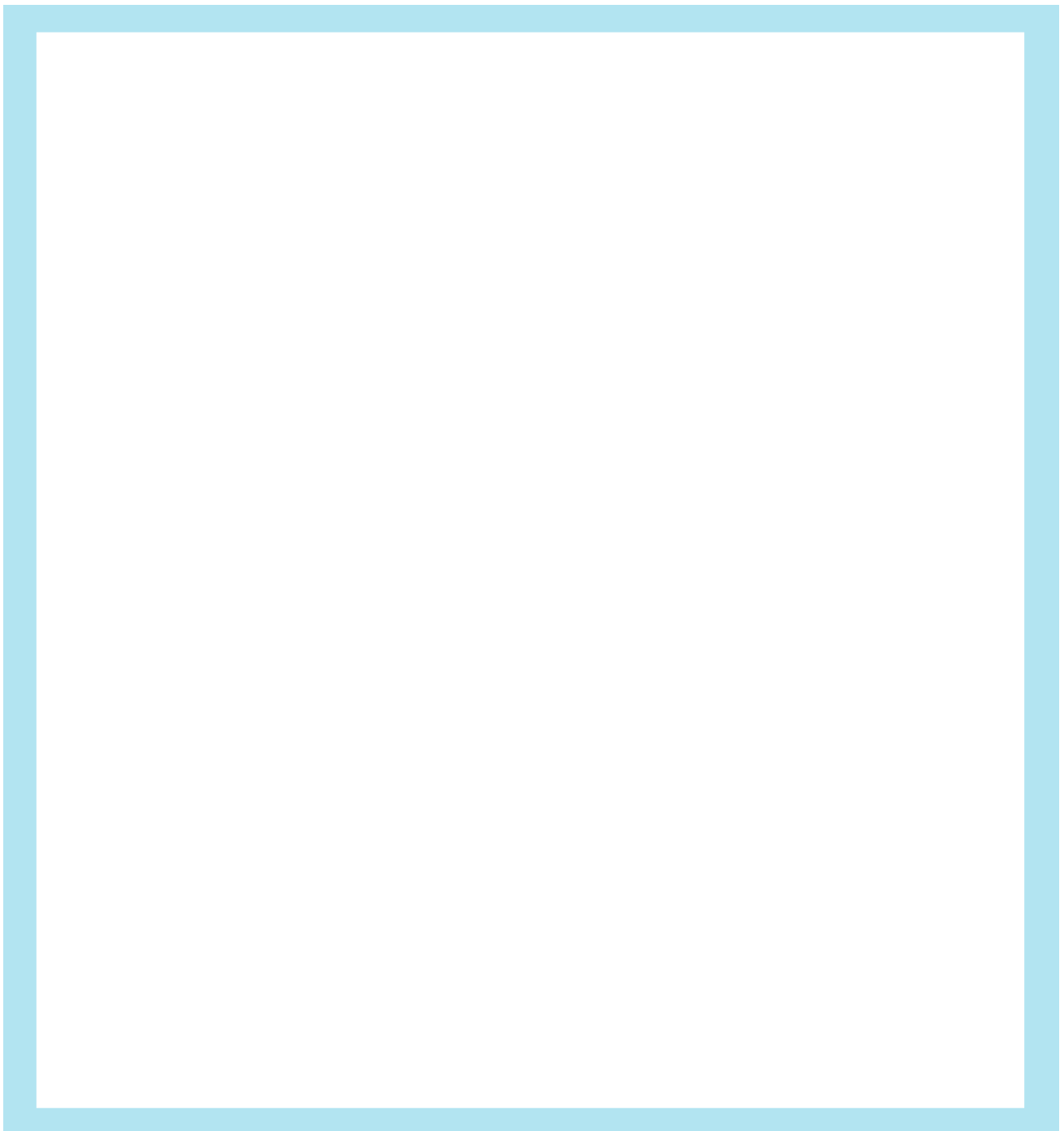
Remember that it's not wrong, bad or embarrassing to have emotions.

### TIP TWO:

Accept that emotions come and go, sometimes quickly and sometimes more slowly. They are always changing and a difficult emotional experience won't last forever.

**Try journaling about your emotions over the course of a day-** write about all the different things you feel and notice how much it can change!

## EMOTIONS JOURNAL

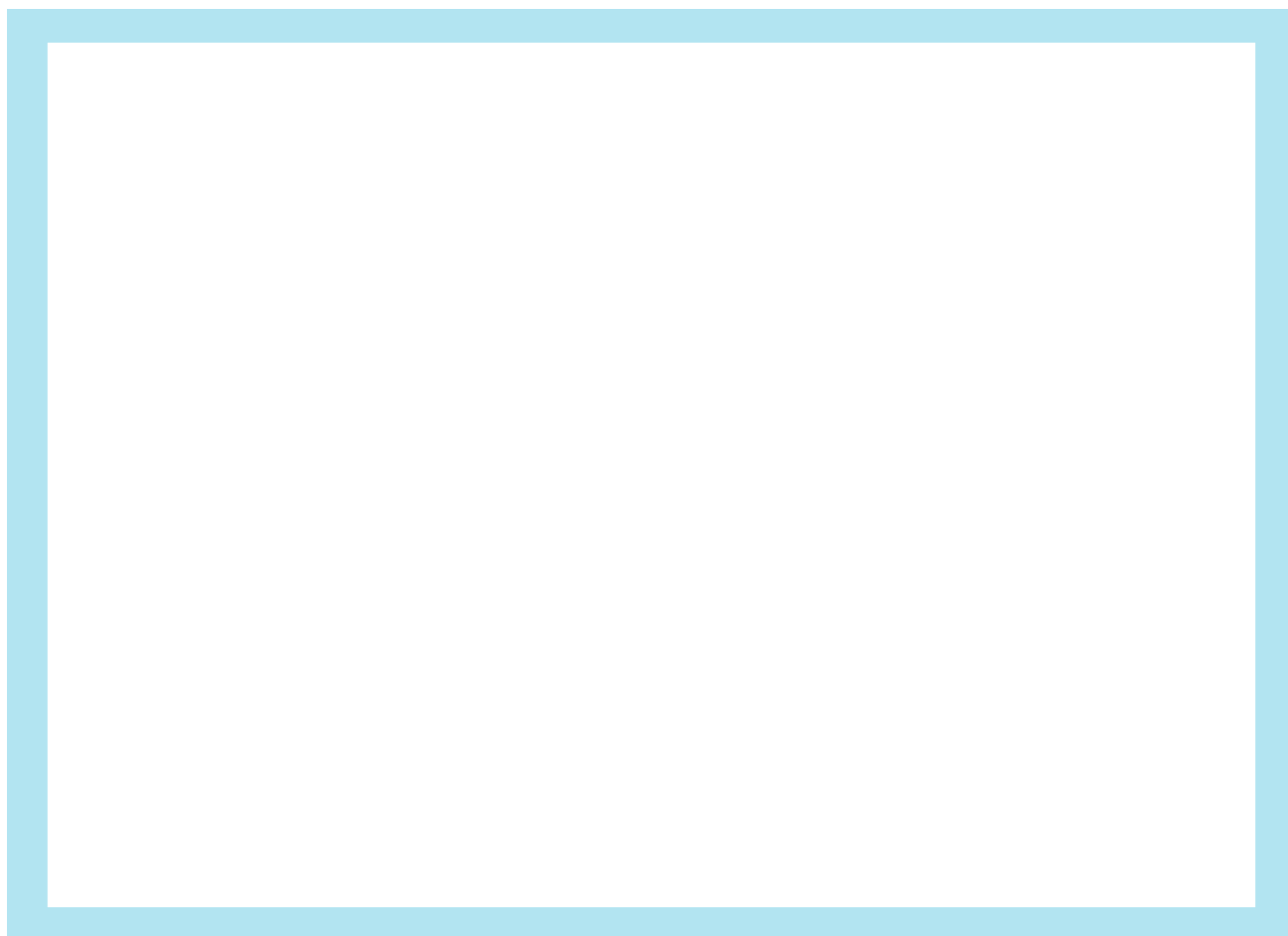


## TIP THREE:

### Listen to your needs and be self-compassionate.

***Engage in self-care and look for healthy ways to express your emotions so you can process them in a safe and supportive way.*** This might mean spending a little bit of time on your own without the distractions of technology, it might mean talking to a family member, friend or a counsellor. It might mean going for a walk in nature, or taking a bath, or meditating, or going to a boxing class to release some of that energy. Just ask yourself what you really need to help you experience and process your emotions in the safest, most self-compassionate way.

**Make a list of some gentle & self-compassionate self-care activities you can use:**



## Top tips for being more open-minded when trying new things

### TIP ONE:

**Remind yourself that just attempting something is a success in itself.**

*It's so much easier to not bother, to not try and to later end up wishing you'd given something a go. Actually making the effort to do something new, maybe something which challenges you, is a wonderful thing to do in life, but it can be hard. So, just by putting in that effort, you already have something to be proud of, no matter what the outcome might be.*

### TIP TWO:

**Use affirmations which help you feel confident in yourself and facilitate open-mindedness.**

*For example, "I trust in my ability to learn and grow." Or "I feel excited about trying something new." Or, "I am capable of doing something, even when it makes me nervous." Choose an affirmation which feels supportive and encouraging to you and keep it in mind whenever you notice judgements taking over your thoughts.*

**Write down three positive and meaningful affirmations you could use**

**Affirmation One**

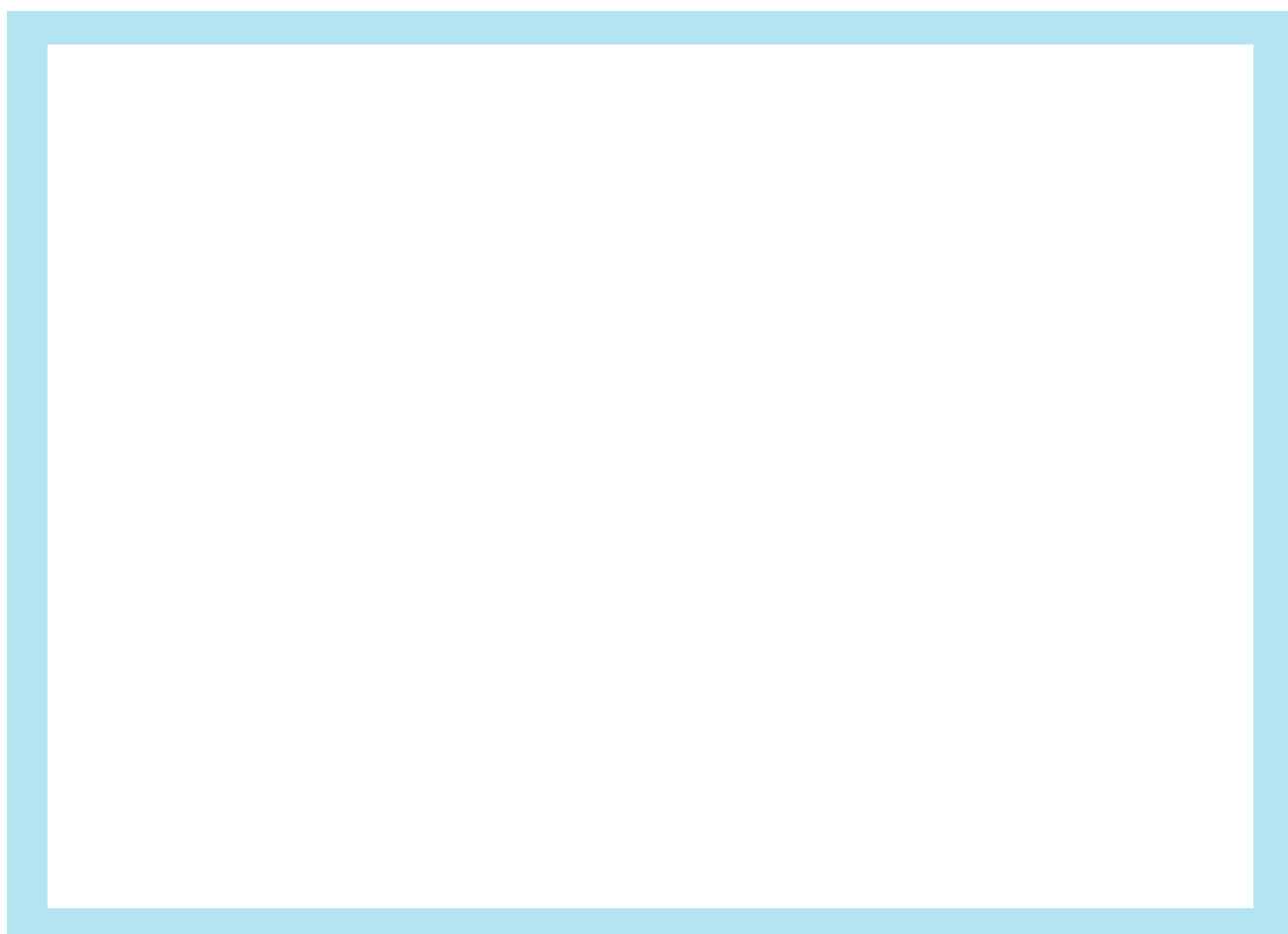
**Affirmation Two**

**Affirmation Three**

**TIP THREE:**

**Remember a quote by Henry Ford, which said**  
**“whether you think you can or you think you can’t,**  
**either way you are right.”**

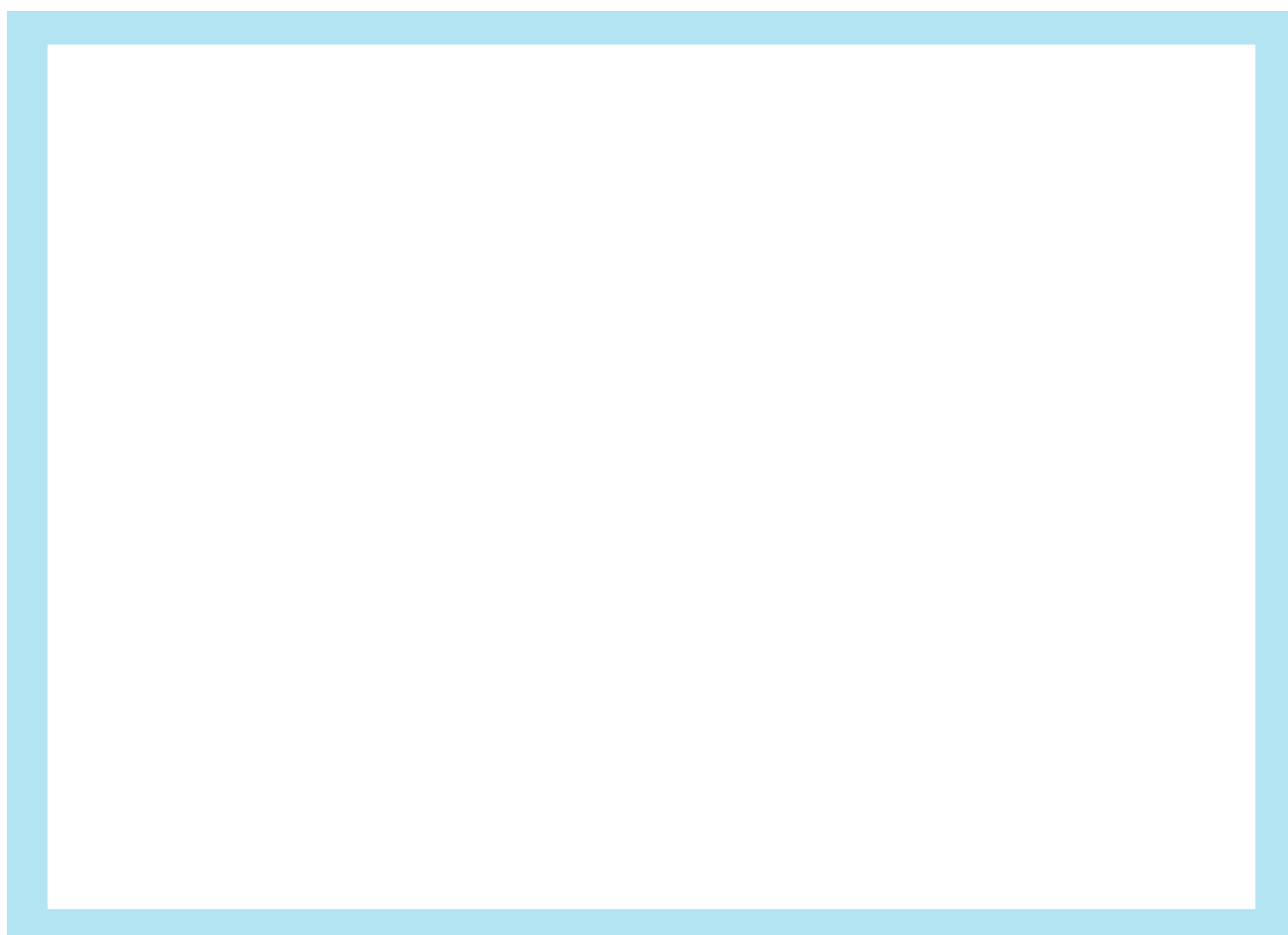
**Can you think of any situations in your  
own life where this may be true?**



**TIP FOUR:**  
**Look at the big picture.**

*We often go into a new venture feeling like we have to achieve a certain outcome, otherwise it was all a waste. Try to be more open-minded and look at all the little positive aspects of your efforts. Maybe you haven't quite reached your big goal, but maybe you made a new friend in the process, or learned something, or gained a skill. There is often so much of our experiences that we don't see, especially when we're focused on reaching a goal.*

**Identify all the little achievements you've reached on the journey towards a bigger goal:**



### TIP FIVE:

**Allow feelings of frustration, anger, annoyance, overwhelm or any other feelings come up, express them in a safe way then allow yourself to let go and move forward.**

***It's normal to have some difficulties when trying new things and it's totally ok if things don't go smoothly or to plan.***

*I like to take a few deep breaths, noticing how the emotion feels and letting it gradually fall away as I remind myself that it's ok to be challenged and that it's just another step on the road moving me closer to my goal.*

### TIP SIX:

**Practice patience.**

***Be open-minded about how long it will take you to succeed in trying your new thing and let go of the pressure and need to be perfect straight away.***

**CONRATULATIONS!**

***You have completed the workbook on how to be more open-minded!***  
*I hope you've enjoyed it and discovered new ways to let go of judgement and being kinder to yourself..*