



MAKING SENSE OF CHANGE AND UNCERTAINTY

Imagine having the ability to thrive in a world in constant change. To see all change (whether you want it, expect it, or like it or not) as an opportunity, not a threat - and to harness its silver linings. Could that be the ultimate superpower?

The key to unlocking that superpower is to reshape your relationship with certain uncertainty. Experience shows us that the future is not more stable, more predictable, or more certain. Tomorrow means more uncertainty, more unknowns, and more change. But it is possible to build a healthy, productive outlook for what's ahead.

The first step in developing this way of thinking is to acknowledge that your relationship to change can improve. This requires getting clear on the kinds of change you struggle with, and why. How do you approach change on average? Do you come at it from a place of hope or fear? Do you see uncertainty as dangerous or do you tend to see it as an adventure for your curiosity? What were you taught about these things growing up?

It's a universal phenomenon: every culture, organization, and person has been trained to believe that some things matter and other things do not. No one sees the full picture. When change hits, these blind spots and narrow focus can wreak havoc. They disorient and confuse us.

These "scripts" include how you define success and how you earn trust. They include your assumptions and expectations.

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GET HONEST:

What kinds of change do you love/enjoy? What kinds of change do you hate? Where do you need improvement?

SLOW DOWN:

We are taught that fast equals success, but slowing down actually gives us more time, reduces stress and burnout, enhances our productivity, and leads to wiser decisions.

KNOW YOUR "ENOUGH":

We are obsessed with "more", but often that just makes us miserable. When you constantly strive for more, you will never find, have, or be "enough". But when you know your enough, you will immediately begin to find abundance.

CREATE A PORTFOLIO CAREER:

Treat your career as a portfolio to curate rather than a path to pursue. Cultivate experiences and skills rather than just pursuing a singular path.

BE MORE HUMAN:

In a world with more automation and robots, your key to thrive is to be even more human—and use your humanity to help others.

LET GO OF THE FUTURE:

For a better future, we must often first let it go. This is the opposite of giving up; it's about what we can and can't control.

Inspired by April Rinnie, Flux: 8 Superpowers for Thriving in Constant Change