



Resources for Developing a Open Mindset

Deep Learning

BOOKS

- [Success Mindsets](#) by Ryan Gottfredson
- [Think Again](#) by Adam Grant
- [The Road Less Stupid](#) by Keith Cunningham
- [Principles](#) by Ray Dalio
- [Creativity, Inc.](#) by Ed Catmull
- [Rookie Smarts](#) by Liz Wiseman
- [The Bottom of the Pool](#) by Andy Andrews
- [I Hear You](#) by Michael Sorensen

ARTICLES

- [Do You Have a Closed or an Open Mindset?](#)
- [Unlocking Greater Success by Developing an Open Mindset](#)
- [Becoming a More Positive Influence: Be Intellectually Humble](#)
- [Do You Think That Your Thinking is the Best Way to Think?](#)
- [The Difference Between Open-Minded and Close-Minded People](#)
- [What is Intellectual Humility? How it works and how to develop it](#)

Videos

- [Principles of Success by Ray Dalio \(28:46\)](#)
- [The Power of Intellectual Humility - Farah Nasser \(14:27\)](#)
- [Are You Open Minded? Three Ways to Break Thinking Patterns - Paul Sloane \(15:26\)](#)
- [Living and Working with Child-like Wonder - Liz Wiseman \(16:38\)](#)
- [Be Humble - And Other Lessons from the Philosophy of Water - Raymond Tang \(9:42\)](#)
- [Why Intellectual Humility Matters \(3:28\)](#)
- [What is Intellectual Humility? - Dr. Ian Church \(2:59\)](#)
- [Jeffrey Rosen on Intellectual Humility and the Constitution \(3:59\)](#)



Writing Exercises

- Identify a time when you learned and benefited from taking in an alternative perspective
- Identify a time when you learned something that completely changed a prior belief and how that benefitted you
- Identify a time when you close-mindedly rejected another's perspective that, in hindsight, was a big mistake
- Identify topics where it is difficult for you to see value in the alternative perspective and then seek out and write about the value in that alternative perspective
- Identify how you want to respond the next time you receive constructive criticism
- Identify a time where you responded to constructive criticism poorly. Why did you do that? What should you have done differently?
- Identify a time that you took too strong of a stance on a position and identify what you should have done differently

Discussion

MINDSET MASTERY

- Try to describe to someone the difference between a closed and an open mindset
- Try to describe why having an open mindset is so beneficial and why having a closed mindset can be so detrimental.

MINDSET AWAKENING

- When was an instance where you or your team had a closed mindset and how it affected you personally and the broader group?
- When was an instance where you or your team had an open mindset and how it affected you personally and the broader group?
- It is common for us to shut down the ideas of others?
- When are the times that we shut down the ideas of others?
- How psychologically safe is our environment?
- Do you feel like your opinions count?
- How can we help your opinions count more?
- What is our culture related to giving and receiving feedback?
- Are we intellectually humble?



- What are topics that we take a strong stand on? Do we take too strong of a stand on it?
- Who is someone that you know that has a closed mindset? How does that limit them?
- Who is someone that you know that has an open mindset? How does that empower them?
- Is there any evidence that we have any of the following fears?
 - » Fear of:
 - ▷ Being wrong
 - ▷ Admitting that we have been wrong
 - ▷ Losing control
 - ▷ Losing respect
 - ▷ Not being the smartest person in the room
 - » While these fears may be protecting us in some way, how are they holding us back?

Self-Talk

- Am I being open- or closed-minded?
- How full is my bucket?
- How would someone who is intellectually humble approach this?
- What makes them think that?
- Where are they coming from?
- What information would they need to have to take that position?
- When they feel they have a voice, they feel of value

Additional Resources:

- [25 Simple Ways to Develop a Growth Mindset](#)