Resources for Developing an Open Mindset

Deep Learning

BOOKS

• Success Mindsets by Ryan Gottfredson
• Principles by Ray Dalio
• Creativity, Inc. by Ed Catmull
• Rookie Smarts by Liz Wiseman
• The Bottom of the Pool: Thinking Beyond Your Boundaries to Achieve Extraordinary Results by Andy Andrews
• I Hear You by Michael Sorensen
• Think Again by Adam Grant

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
• The Power of Intellectual Humility

Videos

• Principles of Success by Ray Dalio
• The Power of Intellectual Humility – Farah Nasser
• Are You Open Minded? Three Ways to Break Thinking Patterns – Paul Sloane
• Living and Working with Child-like Wonder – Liz Wiseman
• Be Humble – And Other Lessons from the Philosophy of Water – Raymond Tang
• Why Intellectual Humility Matters
• What is Intellectual Humility?
• Jeffrey Rosen on Intellectual Humility and the Constitution
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

- 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.
- With a partner or group, ask and answer:
  - 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?

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:

- Intellectual Humility Quiz