

Positive Mental Attitude

Flexibility

What is flexibility?



Features of flexibility

- can stretch easily
- not rigid
- can change shape easily
- can bounce back
- adaptable
- In application to fitness ... the action might not be completely comfortable, but the person does it anyway.

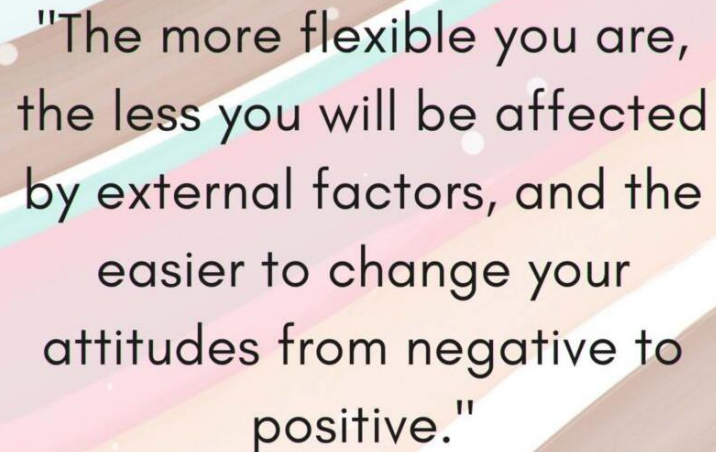
Flexibility of attitude

If we were to apply flexibility to an attitude of mind, which of the following could apply, and what would these features look like? e.g. a person who ...

- can stretch easily
- is not rigid
- can change shape easily
- is adaptable
- might not be completely comfortable, but does it anyway.

Flexibility in attitude

...the ability to adapt and adjust one's thoughts, opinions, and actions in response to changing circumstances.

A quote about flexibility in attitude is presented on a rectangular background with diagonal stripes in shades of brown, teal, pink, and orange. The text is centered and reads: "The more flexible you are, the less you will be affected by external factors, and the easier to change your attitudes from negative to positive."

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Advantages of being flexible

- Make a list of advantages of being flexible in attitude.

Things to consider

- Be willing to consider new ideas allows for creative problem-solving.
- If you can't do something the way you've always done it, then maybe there's another way.
- Would you consider trying something new?

Bouncing back

- How do you bounce back after a failure or a criticism?

The following Bible verses can help:

Isaiah 40:31 But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Psalms 28:7 The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise Him.

Resilience

Failure comes when we don't
get back up and try again.

Jack White

“ quotezfaney



Habits for building a flexible mindset #1

- Set flexible, realistic goals
- Be willing to learn new things
- Step outside your comfort zone

Habits for building a flexible mindset #2

- Build a supporting environment.
- Find friends and mentors who can give you positive input.

Proverbs 13:20 Walk with the wise and become wise, for a companion of fools suffers harm.

Proverbs 22:24-25 Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared.

When NOT to be flexible

- Know what is truth and what is not.
- Look to the Bible to tell you what is right.
- Never be flexible with truth.
- While there are many different ideas in the world, we do not have to accept them all. We only accept those ideas that measure up to the Bible.
- Jesus is the way, the TRUTH and the life – John 14:6

Scenarios

Scenario 1

You have invited 6 guests to your house for a party. You have already bought the food. The night before, all six guests let you know that they can no longer come. What will you do?

Scenario 2

You have planned a meet-up with a friend. For an activity, your friend wants to go to the beach but you want to go to a movie. What will you do?

Scenarios

Scenario 3 - The supermarket has run out of fish, which you had planned to cook for dinner. What will you do?

Scenario 4 - The city council has cancelled rubbish collection for a month. What will you do?

Scenario 5 - You are with two friends in a boat in deep water. Your boat has sprung a leak. One of the friends can't swim. What will you do?