Worksheet

EMBRACING THE WILLINGNESS TO LEARN

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This worksheet is designed to help you reflect on your willingness to learn, especially during challenging times.

By working through these exercises, you'll begin to shift your mindset and approach difficulties with more curiosity and openness.

1. Acknowledge Your Resistance

Think of a recent situation where you resisted learning something new. What was the situation, and why do you think you felt resistant?

2. Reframe the Situation

How can you view this challenge as an opportunity to grow? What positive outcomes might come from embracing it?

3. Stay Curious

Write down three questions you can ask yourself the next time you face a challenge to spark curiosity.

1.

2.

3.

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4. Set Time for Learning

What's one way you can build learning into your weekly routine? Write down how you'll make time for it.

5. Learn from Mistakes

Think of a recent mistake. What did it teach you, and how can you apply that lesson to move forward?

Embracing a willingness to learn opens the door to endless growth, both in business and in life.

Keep this worksheet as a reminder that every challenge is an opportunity to deepen your knowledge.

Stay curious, stay open, and trust that each experience holds valuable lessons.

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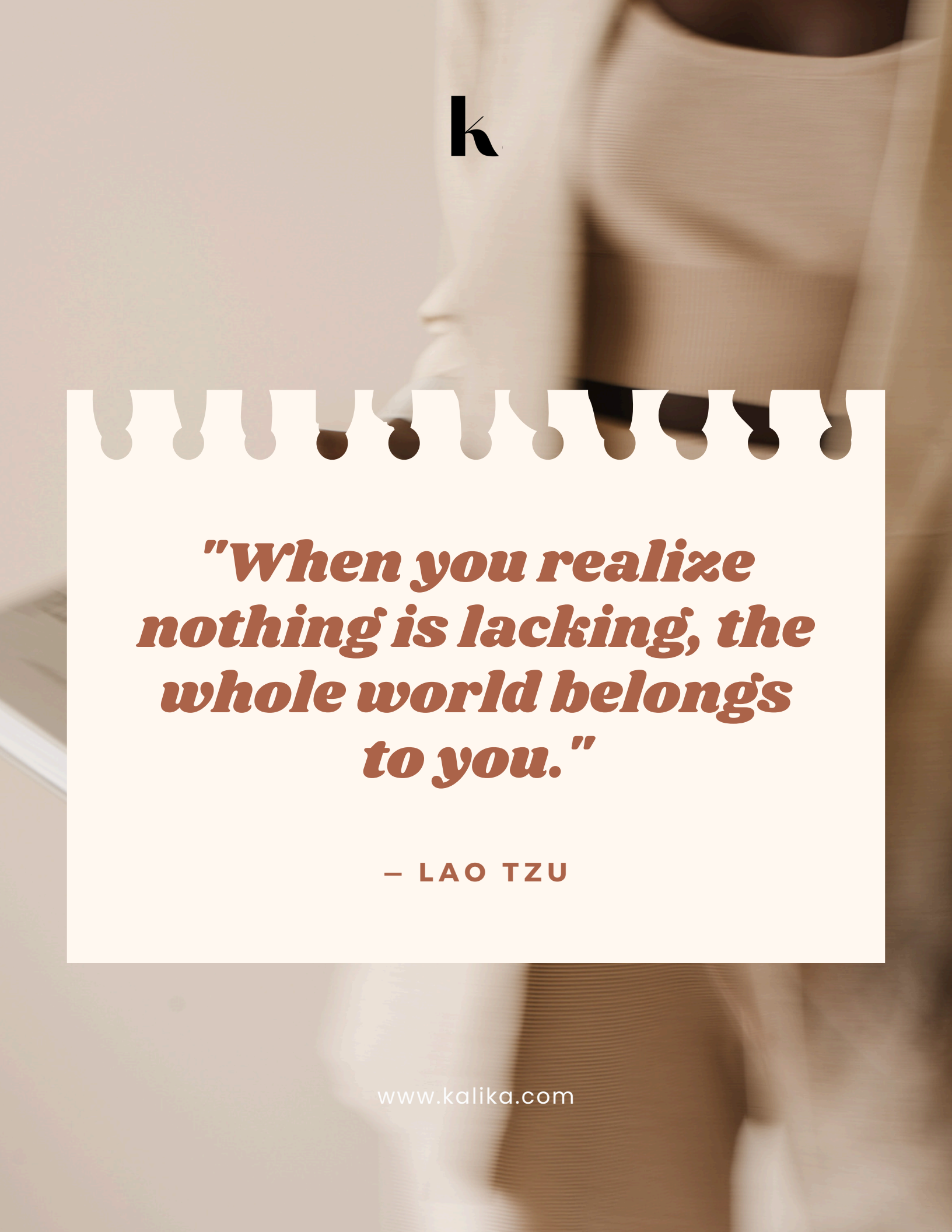

"When you realize nothing is lacking, the whole world belongs to you."

— LAO TZU

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