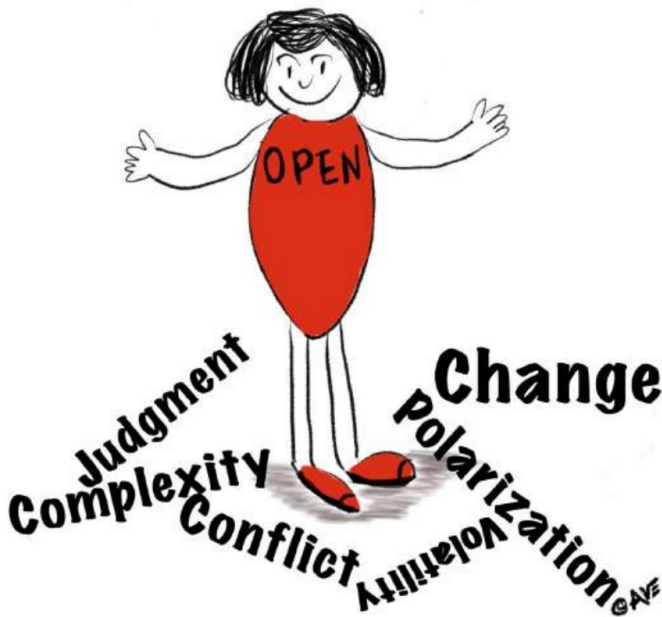


# Open Stance

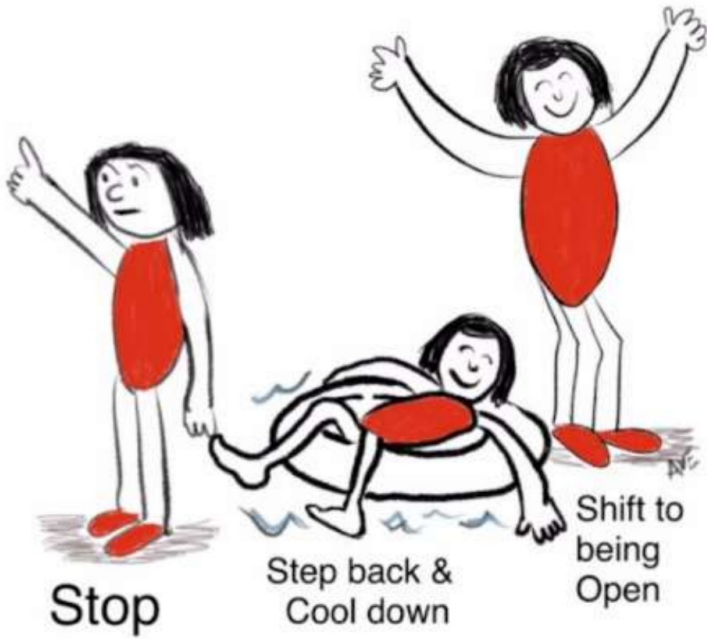


**Ann Van Eron, PHD**

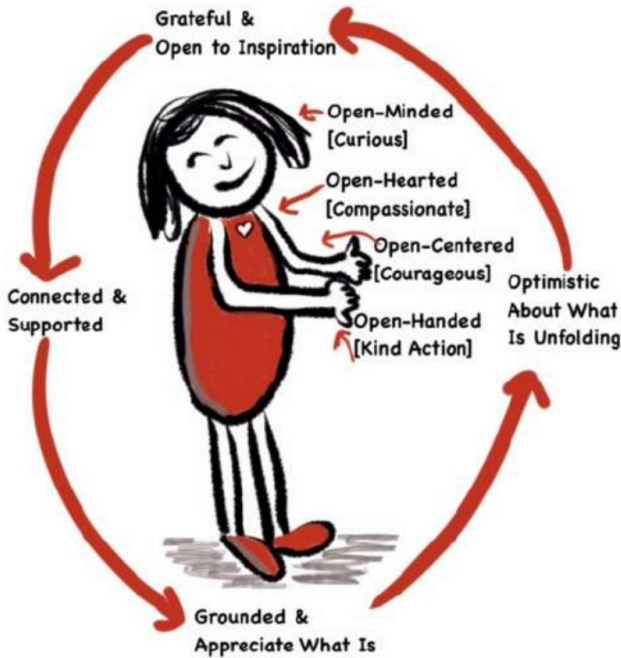
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BE OPEN

# The Process of Shifting to Being Open



- Remind yourself to check in and ask, “Are you open?” Give yourself a score on a -5 to +5 scale. Develop the habit of checking in at certain times throughout the day such as before meals or meetings.
- Put notes in your calendar and elsewhere to remind you to be open. You can use the letters RUOPN? (Are you open?)
- Meet with a buddy who is on this journey and share moments of catching yourself being contracted and judging and then Stop, Step Back and Shift to Being Open. You could email each other on progress and meet regularly to discuss what you are learning.



### Grounded and Appreciate What Is (Open to the Present)

Being fully present (feet on the ground) in your body and connected with the earth. Allowing yourself to feel centered and balanced, regardless of circumstances.



### Optimistic About What is Unfolding (Open to the Future)

Being hopeful and resilient. Accepting change. Trusting that things will work out, even when not clear how. Focusing on positivity, potential and possibilities.



### Grateful and Inspired (Open to Creative Flow)

Deeply appreciating what life offers; i.e., the earth, health, wellbeing, skills, food, friends, job, differences etc. Noticing the good and inspirational. Not taking things for granted.

### **Connected and Supported (Open to Back-up Support)**

Recognizing your connectedness to others, yourself and the environment.  
Appreciating interconnectedness. Building and maintaining relationships.



### **Curious (Open-minded)**

Inquisitive thinking. Wondering what something is about. Investigating, exploring, learning. Wanting to know more and to understand.



### **Compassionate (Open-hearted)**

Attuned to what others are experiencing. Putting yourself in the place of another. Finding empathy for those who are different, act different, think different, feel different, look different.



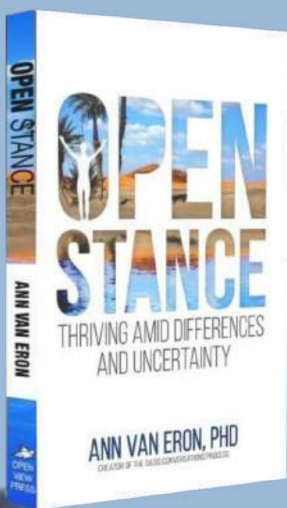
### **Courageous (Open-centered)**

Allowing oneself to be vulnerable. Sharing who you are from the inside out. Being aware of your sensations and impulses and sharing your experience authentically.



### **Take Kind Action (Open-Handed)**

Being responsive. Reaching out to others in need or in Friendship – to connect, to lend a hand, to provide resources, to touch.



In these uncertain times of disruptions, vast technological and collective world changes, and trauma, knowing how to be open to what is and being flexible is a critical skill. When you approach life with an open stance, you can clearly observe what is present without collapsing from stress or blaming others or yourself. An open stance will allow you to choose actions that will expand possibilities and bring you more vitality and joy.



**Click here to learn more**

"Ann has done a masterful job of walking readers through the process of staying open and reflective, allowing you to more easily pivot and respond to any circumstance. A critical book for every leader!"

**Marshall Goldsmith, New York Times #1 bestselling author of *Triggers*, *Mojo*, and *What Got You Here Won't Get You There***

"Being open and adapting to the ever-changing environment is essential for success today. Our leaders are more resilient and are creating enhanced engagement with the Open Stance mindset and skills."

**Sherif Kamel, Senior Vice President, CVS Health**

"A practical and powerful method that synthesizes research and best practices for shifting from distracting emotions to a full-body sense of possibility and connection to the beautiful essence of life."

**Dr. Marcia Reynolds, Author of *Outsmart Your Brain***