

Mental Agility: The Mindbending Ingredient of Personal Growth (+ Science-Based Tool)

1. Food for Thought

Adaptability is a key ingredient for success. Luckily, there's a fun way to develop this cognitive skill: playing brain games and solving puzzles that promote divergent thinking.

If a client is stuck in a psychological rut, suggest they engage in activities like Sudoku, crosswords, or strategy games that require different problem-solving approaches. These "mental workouts" help them embrace diverse ideas, enhance their creativity, and develop that most valuable of things: a growth mindset.

If you want to try this approach, introduce a cognitive flexibility exercise in your next session. Or encourage clients to try a new hobby or play some puzzle games. Just 15 minutes a day can help them adopt new thought patterns that lead to breakthroughs and personal growth.

2. Inspiring Quote

"It is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change." —Charles Darwin

3. Free Science-Based Tool

Rewriting Rigid Rules About Living. Changing our thinking often starts by changing (or at least stretching) our beliefs. You can use this short, simple exercise to help clients recognize and replace their rigid beliefs with a flexible, preference-based mindset that's more closely aligned with reality. [\[Link\]](#)

4. Book Recommendation

Range: Why Generalists Triumph in a Specialized World — David Epstein. Filled with intriguing real-world examples, this book explores how those who think broadly and embrace diverse perspectives often excel in complex and unpredictable environments, highlighting the importance of mental agility for thriving and growth.

5. A Question For Your Clients

"If you were to approach this challenge from a completely different perspective, what might that look like?". This question is an excellent way to prompt divergent thinking and encourage clients to find novel, creative solutions to their problems that lie outside their usual responses.

Blog written by Lucy @ PositivePsychology.com