

Task 2

RECOMMENDATIONS FOR DEVELOPING FLEXIBLE THINKING

The following tips will help you to make your thinking more flexible:

- Reject any stereotypes and patterns that limit your thinking.
- Review your own beliefs, attitudes and principles on regular basis.
- Don't focus on previous defeats, victories and results achieved.
- Read more variable literature.
- Use different behavioral strategies in everyday life.
- Use special techniques to improve your thinking.
- Try to gain new experiences, emotions and impressions.
- Learn from mistakes.
- Broaden your horizons.
- Learn to look at things and problems from different angles.

Good luck !

