



OPENNESS - *willingness or readiness to receive, especially impressions or ideas; an attitude of accessibility, especially about one's actions or purposes; without concealment or secrecy (broad-minded, receptive, sincerity).*

In crisis, it is common to feel closed-off, ashamed, or defensive. Openness is a quality of receptivity - to people, circumstances, and possibility. Openness asks us to face hardship with curiosity versus running away from it.

QUESTIONS TO ASK

- Why is this your priority?
- What about this resonates with you?
- Describe qualities of openness.
- What does it mean to be open during crisis or times of hardship?
- When you look back on this time five years from now, how will you know you embodied openness?
- How can openness guide your decision-making?
- Who or what does this priority serve? How does it help?
- Imagine yourself in a situation where you are being open. What does that feel/sound/look like?

INDIVIDUAL CONSIDERATIONS

Openness helps us relate to pain and fear differently. Rather than push suffering down or engage in self-destructive behavior, openness reminds us that there are often many possible solutions to our problems.

LEADERSHIP CONSIDERATIONS

Good ideas come from many places and there are unexpected ways of solving problems. Openness reminds us to use nontraditional means of looking for solutions, and to maintain optionality and flexibility in decision-making.

EXPLORING OPENNESS

Sit outside and open your senses to what you hear/see/smell in nature.

Use "openness" as a mantra while you work out, doing dishes, or in the shower.

Sit in a chair, feet on the floor. Breathe in openness, breathe out fear.