

# ⚙️ TRYING NEW THINGS

Nothing in business stays the same and employers need staff who can adapt to changes, be flexible and try new things. But how do we come out of our ‘comfort zone’ and get good at trying new things and become more confident at initiating new ideas? This Challenge will help.

## ① How do you feel about trying new things?



What emotions do you feel when you have to try something new?

- Which one do you feel most when asked to do something new?
- Excitement:** I can feel excited because.....
- Anxious:** I can feel anxious because .....
- Vulnerable:** I can feel vulnerable because .....
- Angry:** I can feel angry because.....
- Other:** I feel .....because .....

Emotions are important because they influence our behavior, but sometimes we can be held back because of our emotions and feelings – especially when we recognise that we’ve changed and these were old feelings, which keep us captive!

## ② Where on this sliding scale are you?

**A**.....**B**

*I love routine and know what I'm good at, so why would I have to try something new?*

*I find most routine boring and love variety and trying new things!*

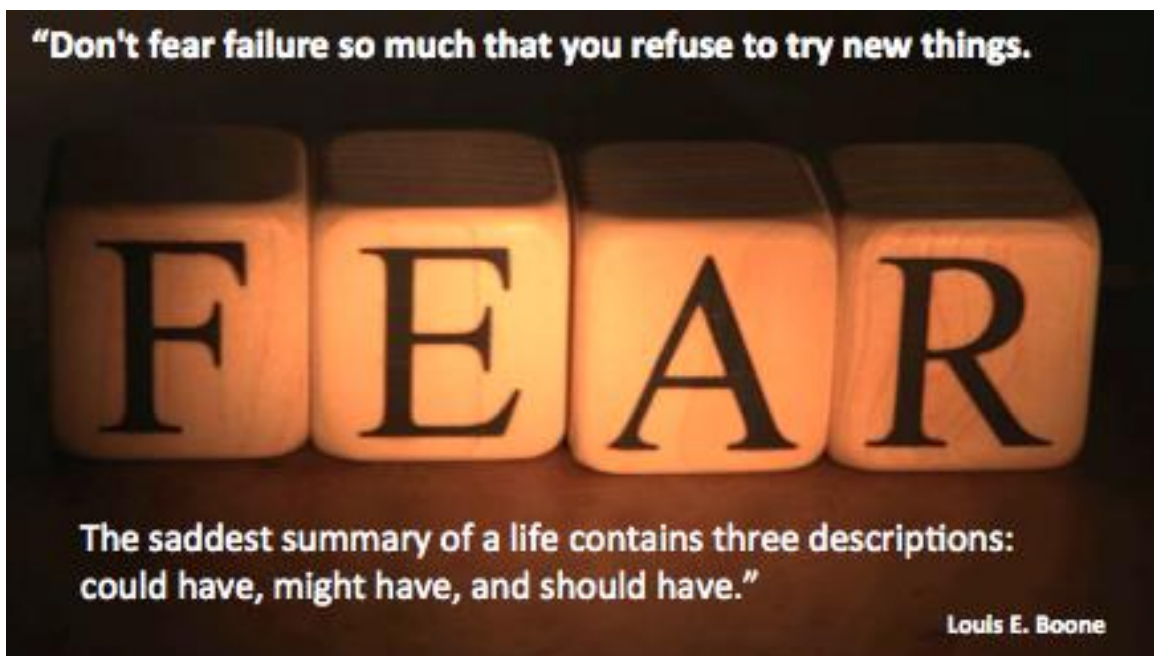
There are no right and wrong sides of the scale and if you are more A than B there will be some jobs which will suit you better. However there are always new things we have to adapt to and employers want staff who are flexible and able to:

- ✓ **Learn a new skill** – Eg set up a Twitter account.
- ✓ **Learn to use a new piece of equipment** – Eg a new stock control machine.
- ✓ **Adapt to a new customer trend** – Eg wanting shops to deliver to home.
- ✓ **Predict new trends** – especially important with technology advances.

Can you think of other new things which an employer may ask you to do?

What positive things could you say to a potential employer to show them that you are good at trying new things? .....

## ③ In pairs talk about this quote:



1. Do you think this quote is right?
2. Are some people are more afraid of trying new things than others?
3. Why do you think that is that so?
4. How do we control our fears and get better at trying new things?

## 4 BENEFITS OF TRYING NEW THINGS

### TOP 10

### TIPS & TRICKS

#### 1) Stops you becoming bored.

*"Don't be afraid to fail, be afraid to try!"*  
Unknown

If you stay in your comfort zone you miss out on so many new experiences and opportunities to meet new people. Just one new thing opens up many opportunities.

#### 2) Helps you grow.

*"The only person you should try to be better than, is yourself yesterday"* Unknown

You can't learn new skills or know if you enjoy doing new things unless you try. Don't compare yourself with others, focus on what small things you can begin to try.

#### 3) Increases your confidence.

*"Confidence is like a muscle, the more we use it, the stronger it gets."* Unknown

Once you have mastered one thing you gain confidence and courage to try other things. Notice how you feel when you succeed. Even if you struggle you grow.

#### 4) Makes you appreciate yourself.

*"A mind that is stretched by a new experience can never go back to its old dimensions."* Oliver Wendell Holmes

Once you do something and discover what you capable of, you will see yourself in a new light.

#### 5) Helps you confront and overcome your fears.

*"You don't have to see the whole staircase to climb the first step."*

Martin Luther king Jr.

When you prove you can do something new you change and discover new strengths about yourself and you grow as a person.

#### 6) Challenges your beliefs about yourself.

*"What makes you sparkle like a diamond?"*

Facework

It's easy to be stuck in our beliefs and even what others have said about us. But when we try new things it forces us to check whether these beliefs are right or wrong.

#### 7) It gives you the opportunity to learn from mistakes.

*"A person who never made a mistake never tried anything new"* Albert Einstein

We learn the most through our mistakes, and everyone in business has made a mistake. The biggest mistake is not learning from making a mistake!

#### 8) It helps you develop creative and entrepreneurial skills.

*"To live a creative life we must lose our fear of being wrong"* Joseph Chilton Pearce.

Some people who get good at trying new things end up setting up their own companies and being able to work for themselves. Creative people use their mistakes.

#### 9) It can help you become good at mastering new things

*"Mastering others is strength, mastering ourselves is true power"* Lao Tzu

The personal discipline you learn from facing your fears will help you try new things but master and excel in new things.

## 5 CHANGES ?

What are 3 things have you learnt about trying new things?

|   |
|---|
| 1 |
| 2 |
| 3 |

Has anything flipped in your thinking?



What 3 new things will you try to re-boot your drive?

