



WARRIOR TOUGHNESS: CRITICAL SKILLS

Flexible Thinking: Get a Grip

FLEXIBLE THINKING

The ability to think about new or different ways to approach a situation while also managing stress and optimizing performance.

Swiftly adjust to changes, readily consider new solutions, and respond promptly.



GET A GRIP ON YOUR THINKING



STEP 1:

Clasp your hands together. Interlock your fingers naturally, and check which thumb is on top.



STEP 2:

Unclasp your hands. This time, try it a different way.



STEP 3:

Re-clasp your hands but place the opposite thumb on top with your fingers interlocked the other way.

REFLECT

Did it feel weird, strange, or unnatural?

WHEN YOU STRETCH YOUR THINKING, EVEN JUST A LITTLE, IT GETS EASIER TO ADAPT IN TOUGH SITUATIONS

Visit [MyNavy HR](#) to learn more about Warrior Toughness.

