



Say Yes To Open-Mindedness

“An open mind leaves a chance for someone to drop a worthwhile thought in it”.

Mark Twain

Open mindedness is a willingness to try new things or to hear and consider new ideas. Being open-minded is generally considered a positive quality. It is the ability to think critically and rationally. By simply recognizing and respecting others' beliefs and practices, we can build a more harmonious relationship with others. Being open-minded can help us put our differences aside to cooperate and progress as individuals, and as a society

How to build open-mindedness in your own life

1. **Accept unfamiliarity:** Reminding ourselves that we don't know everything helps us become more open-minded. By accepting that you can never know why some people behave the way they do, you can eliminate negative thinking and become more empathetic.
2. **Reflect often:** Analysing your own behaviour will help you understand why you are different from others. For example, you may get annoyed when your co-worker makes noise while eating. By asking yourself why you dislike that trait and whether it's worth creating a verbal conflict about it, may help you make a sound decision.
3. **Exercise or meditate:** Physical activity helps in calming your nerves and can help you feel positive about situations that are beyond your control. Concentrating on your breathing can reduce the stress or anger that is created by the situation.
4. **Consciously seek diversity:** Meet new people, learn about a new skill, or try new cuisines. By openly looking out for diversity, you gradually become more accepting of differences and enjoy the variety in the people around you.

Open mindedness makes it easier to lay down your burdens and walk through life with a lighter spirit. Just keep your mind open and learn as much as you can. If we try to understand and accept ideas of other people, many more doors will open for us which can help us to enhance our knowledge.

With best wishes,
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