

How Resistance to Change & Innovation Shows Up For YOU

Collaborative



Silo or “do it myself” mindset;
put up barriers and limitations

Inquisitive



Get stuck in old or shallow patterns;
accept things as they are

Experiential



Become paralyzed or procrastinate;
stagnation sets in

Instinctual



Stop trusting your gut;
become indecisive and regretful

Fluid



Get overly complicated,
throw everything against the wall

Risk Taker



Become stagnant and unable to act;
afraid to make a move or move slowly

Futuristic



Future begins to feel cloudy;
feelings of overwhelm set in

Tweaker



Get stuck where you are;
spin your wheels in place

Imaginative



Inundate yourself with information;
get distracted easily