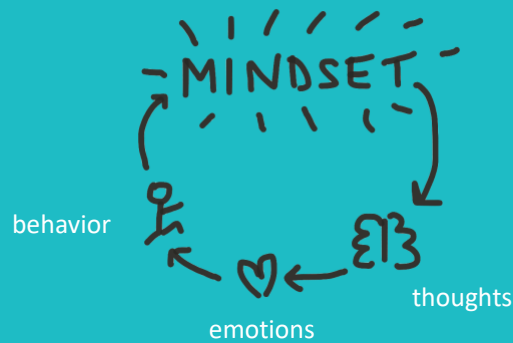


J&J Wellbeing Program
Workshop 2: Navigating uncertainty
With certified coach Desi Jagger

Mindset is everything



Johnson & Johnson

Desi Jagger
THE CHANGEMAKERS COACH

Top Tips for Navigating Uncertainty

1. **BE WITH THE UNCERTAINTY** - don't avoid it
2. **BEGIN TO ACCEPT UNCERTAINTY AS REALITY** - a constant
3. **FOCUS ON THE CHOICES YOU CAN MAKE** – reclaim your power
4. **ENVISION YOUR DESIRED OUTCOME** – keep it general and focus on how it would feel to achieve it
5. **TAKE A STEP EVERY DAY TOWARDS YOUR GOAL** – small and imperfect steps are allowed

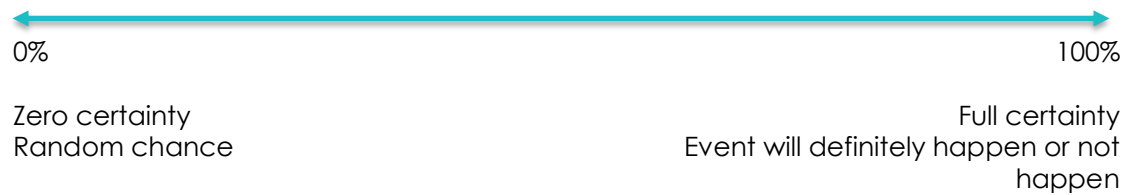
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2. BEING TO ACCEPT UNCERTAINTY AS REALITY

Make a list of all the certain things in your work and life.

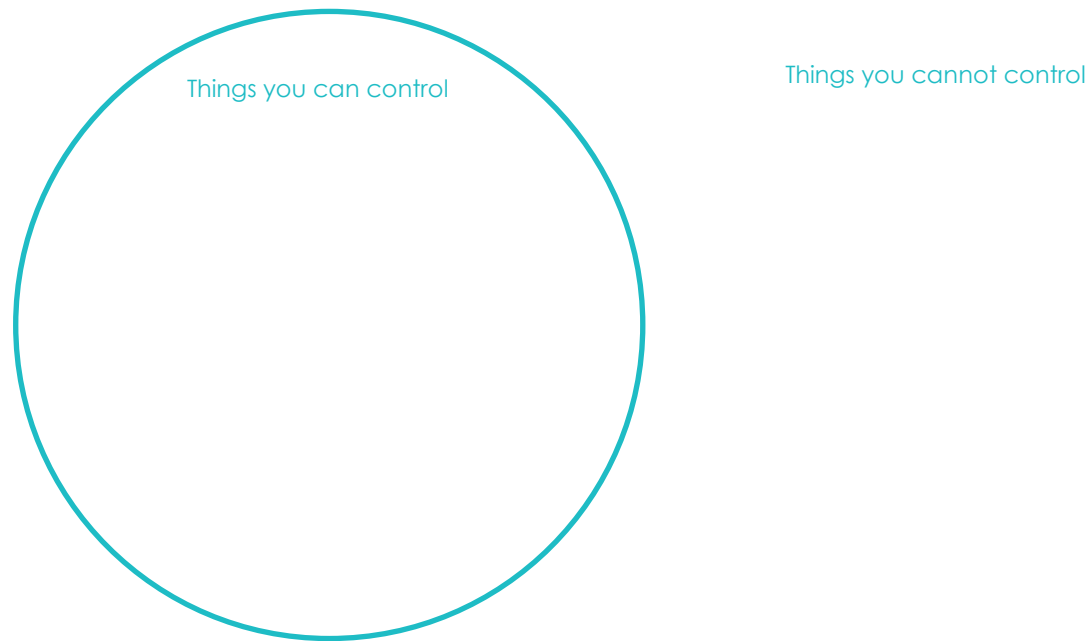
Place each item on the Scale of Certainty



What do you notice? How many things are truly certain?

3. FOCUS ON THE CHOICES YOU CAN MAKE

There are things we can control and things we cannot control.



What choices can you make right now?

4. ENVISION YOUR DESIRED OUTCOME

Imagine you have achieved your goal.

What does the outcome look like?

How does it feel to have achieved it?

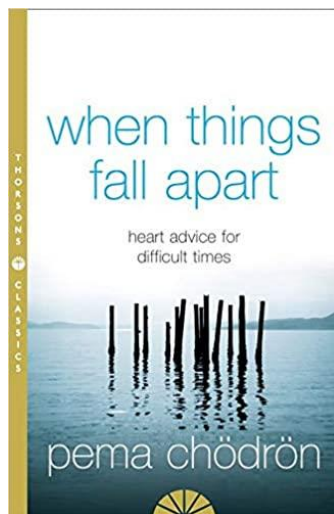
5. TAKE A STEP EVERY DAY TOWARDS YOUR GOAL

You don't need to move fast, but you need to move forward. Steps can be small and imperfect – just take them.

What step will you take today towards your goal?

How comfortable do you feel with taking small and imperfect steps?

RESOURCES



Serenity prayer

*Grant me the serenity
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference*

ACCOUNTABILITY (TO COMPLETE BEFORE THE NEXT SESSION)

How is the desire to control linked to your experience of uncertainty?

What do you need to let go of?

What opportunities might uncertainty bring you?

What other barriers are you experiencing in embracing uncertainty?