2010--A Year of Unpredictability
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The most predictable trend for the year ahead is that 2010 will be unpredictable. Helping others (and yourself) through this “new yet unpredictable normal” will represent a new set of demands on us all.

A few of the most challenging aspects can be addressed by applying what we know about the brain. Here are three ways you can shift your thinking to prepare yourself for the unpredictable future.

- **Staying Positive Through Uncertainty:** Sustained and unpredictable change can significantly impact our mindset and brain states. One recent brain study found that such uncertainty leads to more anxiety, and for many, that can make an experience seem more negative than it actually is.

  *Shift Your Thinking:* Make a list of all the positive things you know will NOT change. Even simple routine activities count (e.g., time with family, hobby-related activities, get-togethers with friends, etc.). This can set your mind at ease that not everything is different or negative.

- **Reality Checks:** Plato stated, “nothing endures but change.” Seems obvious, and we know that will be more true than ever in 2010. This state of constant flux may exacerbate the sense of uncertainty, which, as noted above, will often makes things “seem” worse.

  *Shift Your Thinking:* In fact, recent research shows that some of us actually will fare better hearing the tough truth rather than being stuck with uncertainty, worrying about what might be. Use whole brain thinking to look at the world differently. This may lead you in a totally new direction.

- **Thinking Around Corners:** A distinct trend is the need for more strategic thinking. Looking “down the road” focusing on where you want to be in several years can help you over the temporary hurdle of the current issues you are dealing with.

  *Shift Your Thinking:* Never has scenario-planning been more important! Use your Whole Brain to look at possible scenarios, and rely on your left brain thinking to plan around them.

The pace of our day-to-day lives keeps us moving so quickly that, more often than not, we may be skimming the surface rather than taking advantage of all of our thinking power and knowledge to think more deeply. The best approach as we prepare for whatever future lies ahead of us in 2010 is to **stop and think!**