

Squiggly Careers PodSheet

How to flex your thinker vs. doer mode



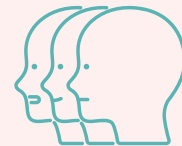
Are you a doer or a thinker?

Spotting your preference and being able to switch between modes has two big benefits for your development:

- increases your adaptability in the workplace
- improves your self-awareness and stops you from getting in your own way.

Which mode is your natural preference?

- Thinker
- Doer
- A bit of both



Thinker: Pros & Pitfalls



You explore ideas from different angles and you understand nuances. This builds up your empathy.



You can miss out on opportunities to make progress quickly and get 'stuck' on a problem.

Doer: Pros & Pitfalls



You are open to experimenting quickly to move things forward. You make things happen.



You can get lost in the pace of productivity without thinking about the why behind the work.

Thinker: Ideas for action

1. Use Action-its: When you are overwhelmed or stuck use post-its to nudge you into action. Put one action per post-it and cluster post-its together to form your actionable to-do list. Every time you complete an action, move a post-it to a done pile.

2. Sizing x Thinking: Stop to think about how big the activity or problem is and use that thinking to determine how long to stay in thinker mode. Divide decisions by great vs good enough and then by time (today/this week/this month), do this collectively in a team.

Doer: Ideas for action

1. 10-minute thinking challenge: Find a space in your day to turn off every distraction and start a ten-minute timer. Don't take any action but allow yourself to think. Go for a walk if you prefer as walking gets our brains thinking too.

2. Find someone to slow down with: This could be an individual or a community who has a different pace or energy to how they think and do. Spend time with them to be more adaptable and flex your mode.

Coach Yourself Questions



How could flexing your mode help you at work?



What could you do this week to be more of a thinker/doer?

Recommended resources



[The War of Art](#) by Steven Pressfield (for thinkers)



[The Idler Academy](#) (for doers)



[The surprising habits of original thinkers](#) Ted talk by Adam Grant



[Taking growth mindset from theory to action](#)
Squiggly Careers podcast #48

Amazing if