



# Becoming Ambidextrous

Mastering the operational *and* innovative mind

## Worksheet

[www.bcrqs.com](http://www.bcrqs.com)

**Ambidextrous**  
Mastering Operational and Innovative

1. Follow the prompts below. Write down two skills that seems at odds with each other or opposite to each other - Skill A and Skill B.
2. Think about a way to evolve and reframe that skill in a way that includes Skill A and Skill B.
3. To stay ambidextrous - Identify the characteristics you experience in both an innovation and operation mindset.

Skill A  Skill B

|       |       |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

**New Combination Skill**

|       |
|-------|
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |

**Innovation Mindset**

Characteristics, behaviors, language, interactions

|       |
|-------|
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |

**Operational Mindset**

Characteristics, behaviors, language, interactions

|       |
|-------|
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |

