



Prevention Mindset Institute: *Embracing Prevention Across Systems*

The PMI 3-2-1 newsletter shares three ideas, two quotes, and one question to ponder. This issue focuses on mindset shifts, complex systems change, and being brave and creative. Future issues that focus on topics relevant to engagement in the Prevention Mindset Institute will be shared periodically. Parents and our other partners will rotate editing each edition.

The format, 3-2-1, is based on James Clear's newsletter that shares ideas related to developing effective habits, drawing from his book, Atomic Habits.



Three Ideas:

1. **What We Mean When We Say "Systems Change"**

Given that a systemic approach requires intentional work at multiple levels—from the micro to the macro—we also intend to bridge these concepts from the social sector to everyday life. The work we're talking about here is more than just collaboration and strategy setting within organizations or networks. It's about our individual mindsets and values and how we act on them. In every interaction. Everyday.

An excerpt from an essay by Motaz Attalla, Jennifer Berman, Jessica Conrad, Ruth Rominger, and Eleni Sotos from the Garfield Foundation.

~Read more: <https://bioneers.org/what-we-mean-when-we-say-systems-change-zp0z2107/>

2. **One roadblock almost never ruins you**

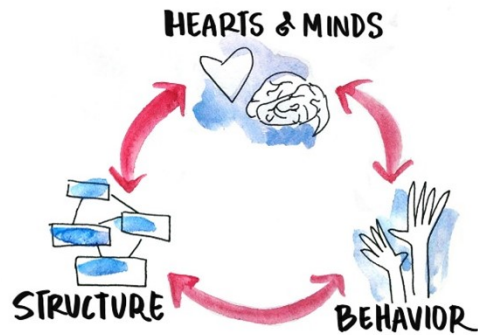
There might not be 1000 ways to accomplish something, but there is almost always more than one way.

Know what you want. Be flexible about how to get there.

~James Clear, *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*,
October 16, 2018 <https://jamesclear.com/atomic-habits>

3.

wheel of change



We need all 3 for
social change

Sketchnotes from the Art of Leadership with Robert Gass,
Rockwood Institute, 2015.

Drawing
Change

~Read more about each of these dimensions: https://atctools.org/toolkit_tool/wheel-of-change-planning-template/



Two Quotes:

"When I dare to be powerful – to use my strength in the service of my vision, then it becomes less and less important whether I am afraid."

~Audre Lorde, American writer, feminist, womanist, librarian, and civil rights activist

"Why are we so often more focused on solving problems and less focused on creating possibilities?"

~Heard in webinar on May 12, 2022, with Mining for Gold's, Corey Best.



One Question:

How can I make a difference in this complex system?

<https://hbr.org/2021/04/6-strategies-for-leading-through-uncertainty>

This article may offer some assistance in answering this question. Six Strategies for Leading Through Uncertainty, Harvard Business Review, April 2021. Rebecca Zucker and Darin Rowell offer six strategies that accelerate your ability to learn, evolve, and navigate progressively complex challenges.

- Embrace the Discomfort of Not Knowing
- Distinguish Between Complicated and Complex
- Let Go of Perfectionism
- Resist Oversimplifications and Quick Conclusions
- Don't Go It Alone
- Zoom Out