Systems thinking is critical to your career. Take care that you do not get so immersed in the details of your job that you forget about the bigger picture. Systems thinking isn’t just for the senior leaders of your organization. Everyone must consider how each part of the organization and changes made to it may affect the entire organization—the system.

In his book *The Fifth Discipline: The Art and Practice of the Learning Organization*, Peter Senge discusses the five disciplines of systems thinking: (1) personal mastery, (2) mental models, (3) building shared vision, (4) team learning, and (5) systems thinking.

If you haven’t read the book and want to learn more, the Free Management Library website provides a good in-the-moment overview of systems thinking: www.managementhelp.org/systems.htm

Think about these questions:

- What is the most surprising thing you learned?
- How do the five disciplines relate to you?
- How does systems thinking change how you approach your work?
- How does systems thinking change how you view your organization?
- What did you learn that is most valuable to you?

If the concept of systems thinking is new to you, you may also want to establish a time to discuss Senge’s disciplines with your coach or boss.

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