



# LIKE YOU WERE MEANT TO

## *Reading Guide | Chapter 4: The Intellectual Dimension*

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### Intellectual Self-Leadership Challenge #3: Manage Your Thoughts (So They Don't Manage You!)

**Autopilot off:** Pause quietly and take a few deep breaths. It's time to take control of your thoughts, rather than letting them control you.

**Be Aware:** Take an inventory of all the thoughts passing through or residing in your mind right now. Jot down as many of them as you can – no matter how small or random they may be. Remember to look for the sub-conscious thoughts lurking just underneath the conscious ones.

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**Assess:** Next to each thought, make a mark to assess whether the thought is Helpful (H) or Not Helpful (NH) to what you are doing today.

**Adjust:** From your list of (H) Helpful thoughts, identify the one or two “most powerful” thoughts that represent the best way for you to think (about yourself, about a problem) as you continue your day. Highlight these thoughts and remind yourself of them until your challenge or task or day is complete.

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