



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 4: The Intellectual Dimension

Intellectual Self-Leadership Challenge #4: Change How You Think

Autopilot off: You can't change others. But you can change yourself. Get ready to change how you think about something or someone.

Be Aware:

Think about a particularly difficult person or problem in your life – someone or something that really bothers you.

Now notice the automatic negative thoughts you have about this person or problem. Be sure you own the thought – it is your current way of thinking on this topic. Write down the dominant thought.

Now write down a NEW thought you want to have about your relationship with this difficult person or problem – a thought about how you would like to begin thinking.

Assess: What difference could it possibly make for you, and perhaps this issue, if you began thinking this NEW thought? How might it lead to new behaviors for you?



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Adjust: Write the new thought – new way of thinking – here again. Also, write it someplace where you will be reminded regularly to think it. Say it out loud to yourself. Perhaps tell a friend of your intention. Use any means possible to keep blazing a new neural pathway in your brain, and change how you think!
