



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 4: The Intellectual Dimension

What Am I Thinking?! – Intellectual Dimension

Autopilot off: Move to a quiet place, free of distraction. Take a few deep breaths as you pause, disengage from your outside world and tune in to your inside “headspace.”

Be Aware: With openness and curiosity, begin to notice all your thoughts. . .

Thoughts about yourself.

Thoughts about others – loved ones, friends, people who are difficult.

Thoughts about what you’ve done since you woke up.

Thoughts about what you plan to do before you go to sleep.

Your urges or impulses to do something.

Your hopes and expectations.

Helpful thoughts.

Hurtful thoughts.

Thoughts about this exercise.

Thoughts about whether you can change how you think!



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Conscious	Subconscious	Creative
Focused; based on what I already know	Automatic, habitual; "not thinking"	Wandering, curious; based on what I know and don't know
Takes time	Takes no time	Ranges from instantaneous to taking a lot of time
Low volume of data ¹	Very high volume of data ²	High volume of data (conscious and subconscious)
More brain energy	Low brain energy	High brain energy
I control my thoughts	My thoughts control me	Little or no control; open, curious
Proactive	Reactive	Proactive
Ex: Carefully following directions to new work location the first day	Ex: Driving to work on the 365th day without even thinking	Ex: Imagining the benefits of working in a whole new office setting

Assess: Using the chart above, annotate your inventory of thoughts on the previous page:

“C” for Conscious thoughts

“S” for Subconscious thoughts

“!” for Creative thoughts

Out of 100%, what amount of thinking is devoted to Creative?

Adjust: What adjustments do you want to make in your thinking the rest of today? Tomorrow?

¹ Rock, Your Brain at Work, Loc 2013. According to Dr. Bruce Lipton, author of The Biology of Belief, our conscious brain can pay attention to only around 40 environmental cues at one time.

² Rock, Your Brain at Work, p. 121. Dr. Bruce Lipton also says our subconscious can pay attention to more than two million environmental cues at one time.