

STAGE TWO: CHANGE YOUR THOUGHTS

CHAPTER 9: HOW TO THINK DIFFERENTLY

Step One: Seek Mentorship

Who are your mentors?

How often do you meet with your mentors?

When you speak with them, how do you feel?

What do you learn from your mentors?

Step Two: Be Intentional with What You Feed Your Brain

What are you feeding your brain on a consistent basis?

What books are you reading? Are they helping you acquire more knowledge or gain new perspectives? Or do they only reaffirm your current beliefs?

What shows or movies are you consuming? Are they challenging your thinking, making you better, and filling you with hope and encouragement, or are they full of dishonesty, cheating, crime, and other distasteful content? No judgment here—just something to reflect on.

What people do you follow on social media? Do they elevate your thoughts or hold you back?

How will you improve what you are feeding your brain? What will you consume? When will you start? Where will you be?

Step Three: Experience New Things

When was the last time you experienced something new that validated one of your beliefs?

When was the last time you experienced something new that changed your perspective?

What activities can you experience that will challenge your thinking?

Where can you add more complexity to your life experiences and to the content you feed to your brain?

As we age, the number of experiences we are afforded tends to decrease. This could be due to several factors. What are some experiences that you desperately want to have during your life?

Set a date right now for when you will experience them. Make a plan and make it happen.