

STAGE TWO: CHANGE YOUR THOUGHTS

CHAPTER 7: DISTRACTED THINKING

What are your fears?

How can you use your fear to help you improve and be your best?

How do you respond to the negative things in your life?

How do you react when things don't go as planned?

How do you behave when someone cuts you off on the freeway, or you have to deal with someone who appears incompetent?

Do your responses make situations better or worse?

Are you fixated on the negative in frustrating situations or focused on finding a solution?