

Lesson 2. Exercise 1. 'My thoughts determine my choices'

Lesson Key Message:

When we believe our stressful thoughts, we suffer!

We unconsciously replay thoughts that cause us to live a limited version of ourselves.

We never suffer life, only our thoughts about life. This lesson shows us that what we choose to think about daily will define our level of happiness and success, that we are all meant to live more than an 'OK' life.

Exercise Instructions:

This exercise enables you to experience how your thoughts and emotions determine the choices you make, and your experience of life, self, and others, leading to happiness or suffering.

Task 1. Transfer the thoughts you had from Lesson 1 Exercise 2 Task 1. 'Areas of Life Thoughts' below.

Task 2. Choose one of the above thoughts and write it out here.

Task 3. Once you have chosen your thought contemplate the following:

How would I feel, would I be happier without this thought?

What might my life look like without this thought?

What action/s do I take when I believe this thought?

How might my actions be different if I didn't believe this thought?

Who would I be without this thought?

Student Note: If you have completed Task 3 quickly with one thought, you can pick another limiting thought and go through the questions again.