

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: THINK ABOUT HOW YOU THINK



Have you ever stopped to reflect on your thinking process? You'd be surprised by the benefits of this self reflection.

"So few people are really aware of their thoughts. Their minds run all over the place without their permission, and they go along for the ride unknowingly and without making a choice." — Thomas M. Sterner

Have you ever stopped to think about how you think? Probably not, given how chaotic the world has been over the last few months who has time! But taking time to reflect on your thought process can be very beneficial. As Thomas Sterner said, your mind may wander about, guided by forces outside of yourself. It's amazing how much outside influence there is on something so internal as thoughts. Acknowledging this influence and being purposeful of how you guide your own thoughts and actions will help you to own your thoughts.

Practice courage today by taking a good look at your internal thoughts, reflecting on whether or not they align with your actual beliefs and taking steps to change the way you think if there is a misalignment.

Practice Courage Today:



1. REFLECT ON THE THOUGHTS YOU'VE BEEN HAVING OVER THE LAST WEEK, WRITE THEM DOWN ON PAPER OR ANY ELECTRONIC DEVICE.
2. NOW THINK ABOUT THE ORIGINS OF THESE THOUGHTS, WERE THEY EVOKED BY SOCIAL MEDIA THAT YOU'VE BEEN ENGAGING WITH? OR CONVERSATIONS WITH FRIENDS? OR THE NEWS?
3. DO THESE THOUGHTS ALIGN WITH YOUR ACTUAL BELIEFS?
4. NOW THAT YOU'VE HAD TIME TO REFLECT ON YOUR THINKING PROCESS AND THE EXTERNAL SOURCES THAT ARE INFLUENCING THEM, THINK ABOUT HOW YOU CAN GAIN MORE CONTROL OF HOW YOU THINK. THIS COULD MEAN REDUCING THE AMOUNT OF TIME ON SOCIAL MEDIA OR INTENTIONALLY EDUCATING YOURSELF ON CURRENT MATTERS.



Parent Practice Tip:

Thinking about thinking is often a hard concept for adults to understand, much less kids. But starting the conversation now, especially with the use of the video below, can help your children be more self-aware.

To Learn More:

[What is Courage ?](#)
[Understanding Metacognition](#)
[Thinking About Thinking](#)

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