

A WORKSHEET FOR THE
WORDS THAT MOVE ME

PODCAST BY DANA WILSON

EPISODE

4

Stop Thinking Like a Caveman!

Episode 4 of the podcast gets into your head, literally. I'm talking BRAINS, and specifically what makes the modern human's brain so powerful -- The Pre-frontal cortex! I introduce you to Brooke Castillo's Thought Model and tell you why it is my new favorite tool for managing my mind, and my work.

MY
NOTES:

“I am built for this”

-You

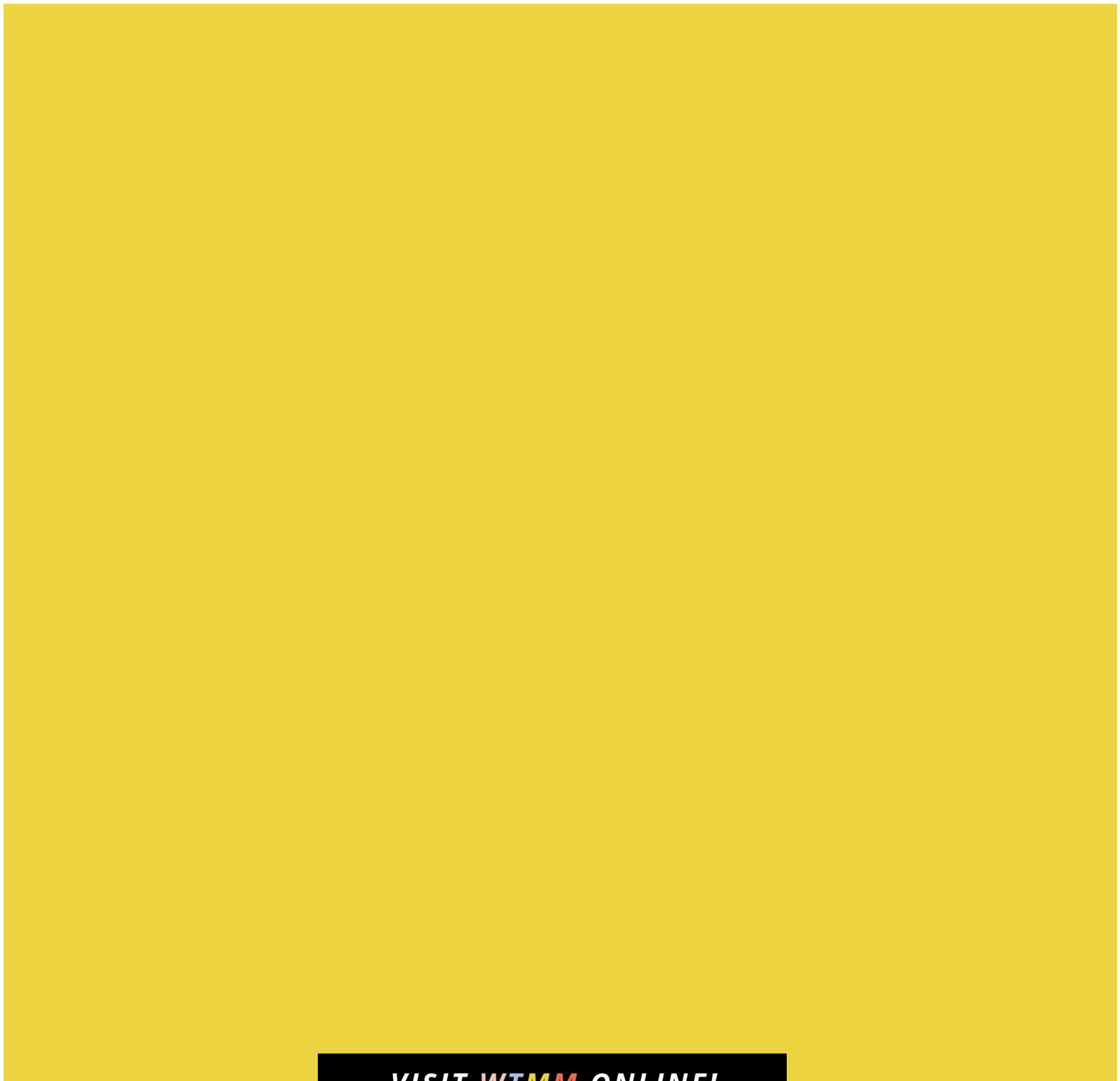
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IN THIS EPISODE
WE ASK YOU TO PRACTICE

THE THOUGHT MODEL

Take a closer look at Brooke Castillo's Thought Model and then divide the space below into 5 sections. Circumstances (the neutral facts) Thoughts (the sentences in your head) Feelings (the sensation you have in your body) Actions (what you do or don't do) and Results (the outcomes of your actions... YOUR LIFE!) Now fill up every section!



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IN THIS EPISODE
WE TALK ABOUT HOW

THE POWER OF THOUGHTS

I give an example of the same Circumstance (a rainy day) playing out two totally opposite ways.

Build a thought model where the circumstance leads to a negative thought and a negative result

Same circumstance, but this time, choose a positive thought. Continue filling out each model

Notice how different the results can be!

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WHAT ARE YOUR POWER THOUGHTS?

My power thought is: "I am built for this". I discovered that thought by working BACKWARDS from the Result line on a thought model. The Result I desired was "work that I am proud of".

**LIST A RESULT YOU WANT TO ACHIEVE IN YOUR LIFE AND AN ACTION
YOU WOULD NEED TO TAKE TO ACHIEVE
AND WHAT FEELING DO YOU NEED TO HAVE IN ORDER TO ACCOMPLISH THOSE ACTIONS.**

**FINALLY, WHAT IS THE POWER THOUGHT THAT IS GOING TO GIVE YOU
THAT FEELING?**

FOR EXTRA CREDIT ;-) POST IT NOTE YOUR POWER THOUGHT IN AS MANY PLACES AS POSSIBLE

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