

HOW WE SPEND

THOUGHT TIME

With much of our success and mature happiness depending on how well we manage our minds, learning healthy ways to spend thought time is imperative. Intelligently examining the appropriateness of our thoughts is also a healthy step toward increasing self-awareness.

This supplement lists a group of helpful or harmful ways we can direct our thinking. Disturbingly, with too little knowledge about helpful ways to apply thought time, we establish harmful habits early in life that are difficult to change in adulthood. Take time to memorize these two lists so that when you have spare time for thinking, you are better prepared for using this thought time wisely, rather than aimlessly or dangerously.

HELPFUL THOUGHTS

1. Increase focus on what you are doing or just did.
2. Consider what else needs to be accomplished.
3. Repeat what needs to be remembered.
4. Investigate ways to solve problems wisely.
5. Consider who or what is important to think about.
6. Encourage yourself to apply best behavior.
7. Review reasons to be grateful.
8. Recall daily and weekly events.
9. Study useful knowledge.
10. Review important rules and guidelines.
11. Consider what you do wrong to help remember to do better.
12. Think about fun times with others and questions to ask them later.

HARMFUL THOUGHTS

1. Easily complain sarcastically, critically, or hatefully.
2. Blame others for your own mistakes.
3. Roam aimlessly.
4. Allow deceptive scheming.
5. Accept your own impatience.
6. Consider revengeful ideas.
7. Worry about problems.
8. Encourage hurtful or bad behavior.
9. Feel sorry for yourself.
10. Exaggerate emotional pain.
11. Justify or deny your own wrong doing or poor behavior.
12. Dwell on anger, anxiousness, sadness, fearfulness, or loneliness.