 Skillful Thoughts



Self-talk with more thought

*Wisdom is your ability to imagine*

alternatives and judge their likely

outcomes. Just choose to be wise

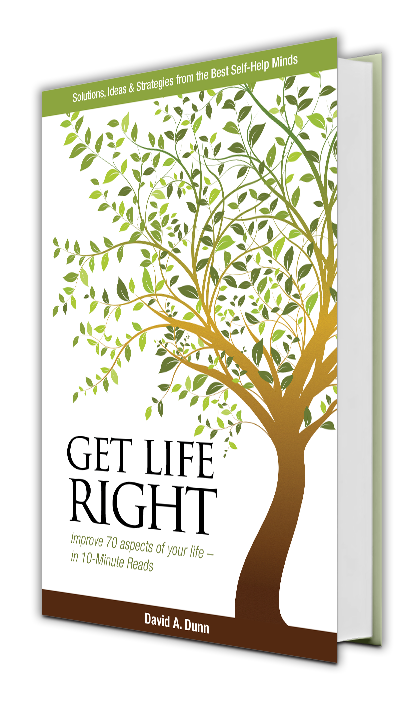
and you’ll make better decisions;

keep at it and you’ll become wise.

Weather your thoughts are right or wrong, helpful or hurtful, they become your reality. Your explanations lead you toward the outcomes you put into them. The common thoughts below that are (underlined) tell you that you can’t. The same thoughts (with the dots) tell you CAN, empower you, keep your life on course and LEAD you toward better outcomes.

Better thoughts come from trying to:

* use accurate facts and the proper emotions for each thought.
* consider carefully the interest and feelings of all others involved
* consider the likely consequences of each alternative
* include the absolute truth about your motivation and capabilities
* note your responsibility, if any, for creating the existing conditions
* note the direction you want this matter to have on your life

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Series

A – Sharpen Your Thinking

B – Plan a Really Exciting Life

C – Get the Most out of Your Attributes

D – Finance the Life You Want

E – Attract People You’d Like to be Like

F – Improve Your Relationships & Marriage

G – Create a Close Family

H – The Best Life You can Have

FS – Full Set

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**Skillful Thoughts**

**Series B – Plan a Really Exciting Life**

**Underlined thoughts diminish you - Thoughts with dots empower you**

### B-1 • Choosing & Using Goals

I’m not good at writing.

* A simple Plan is better than none.
* I can start it this very moment
* I’ll list whatever I want like a shopping list and make it better as go.
* Writing my goals would cause me to think about how they fit together.
* Old pilots file flight plans; those that don’t never get old.

Goals make me anxious

* I will concentrate on the rewards and not the work.
* A goal is a target not a demand
* The right goals will motivate me.
* Larger or more important goals will motivate me more.

### B-2 • Gain Motivation with Visualization

A written Plan would be too hard to keep updated.

* That is true if my life isn’t worth it.
* It’s easy to keep up; you just ad or change things on your list when you feel like it.
* Big goals are nothing more than a collection of smaller ones.
* Becoming a better writer would be a good goal.
* Having computer skills would make it easier for me to keep my Plan updated.
* Ad to my list of goals to “Develop my computer skills” as soon as possible.

### B-3 • Personal Goals

What are personal goals?

* Knowing what is important to me
* Knowing the qualities I want to have.
* Knowing what is right and wrong.
* Knowing how I want to be as a personAppreciating everything
* Being an exceptional spouse and parent
* To be a force for good in the world.

### B-4 • Long-Term Goals

Having goals will put another layer of responsibility on me and I’m already trying as hard as I can.

* Goals aren’t for pressure; they are for direction.
* All I can keep in mind is the big picture; my plan will keep important details in place so I deal with them in the right order.
* Goals keep me from missing the important things of life
* Goals reduce wasted effort and dead ends
* I could die anytime; would I be ready if I were taken tomorrow?
* As I write them I will see ways I can improve them.
* A written plan will act like a compass I can look at often.

I’ll think about goals when I am older.

* Walking a straight line, if I’m off by one degree, by the end of a mile I will miss my target by 100 feet. Goals aim our energies more accurately.

Thinking long-term makes work out of living.

* What will make me work harder than missing important goals?
* Living day to day would be risky and cause me constant anxiety.
* By making everything I do produce something of lasting value, my wealth will grow faster.
* Once my accumulation of assets get big enough they will help to support me protect me, give me options and continue to grow.

**B-5 • Intermediate Goals**

I can barely keep my head above water why torment myself with middle goals?

* My middle goals can keep me motivated.
* They will keep me from missing some of my long term goals.
* If my wife and I can use our vacations to check out places we may want to live eventually.

**B-6 • Bring on the Spice**

Spice costs money and I have none.

* Spice is what makes life fun and it does not have to be expensive.
* Spice is an attitude of adventure.
* Without spice life is more of a sentence.
* Spice is refreshing and becomes e raw material for creativity
* Until I can afford expensive variety, I can stay entertained by the way I use my time.

### B-7 • The Engine of Your Future (My To-do list)

What engine? The best I can to is to plug along.

* All progress is plugging along.
* I will minimize nonproductive tasks to free up time for the things that produce the most important long term benefits.
* Concentrating on the next most important goals I can make all my small steps add up to something very important.