

Supplemental information – Questions / Exercises

These questions and exercises aren't for the faint of heart. They are going to require THOUGHT and ACTION. However, those who do take the time to complete all or most of the exercises in this workbook will find it was well worth the effort.

Your understanding and ability to apply the concepts discussed in *The 1-Hour Guide to Successful Thinking* will increase immensely as you “fill in the blanks” that follow. But more importantly, the unexpected discoveries that you'll make while challenging your mind will prove to be priceless in the weeks, months and years to come. Rest assured, the more you put in, the more you'll take away.

Answers might come immediately, or after a good nights rest. Take as little or as much time as you like and feel free to reference the transcript or CD as you go.

Intro / Thinking Correctly

1. In your own words, define “Thinking Correctly?”

2. How would your life immediately improve if you began to “Think Correctly” more often?

3. List any recent thoughts you might have had that could be considered “counter-productive.”

4. Many times, counter-productive thoughts are “generalizations” that, if looked at closely, aren't 100% accurate. Name a few ways you could improve some or all of the counter-productive thoughts listed above, even if it's only slightly.

Chapter 1: Attitude / Gratitude

1. Explain why it is not a good idea to let other people choose your attitude.

2. Outline the high and low points of your attitude today (from the time you rolled out of bed until right now.)

3. Are there any areas where you chose a “bad” or counter-productive attitude? If so, list some more productive ways you could have seen and responded to the situation.

***Supplemental Exercise: Do you really want to “get” the concept of choosing your attitude? This will do it. Cut three pieces of paper (approximately business card size.) On the first one write “Excellent Attitude,” on the second write “Good Attitude” and on the third write “Fair Attitude.”

Put all three by your bed tonight and when you wake up in the morning, choose the one that reflects the attitude you intend to carry with you ALL DAY LONG. Put that one in your pocket, or your purse (or wherever) and when you feel someone or something is challenging your attitude, remember the attitude you’re carrying...you can even take it out and look at it if you need to. Imagine how a person with an attitude equal to the one you chose would handle the situation you’re facing. Take a deep / confident breath and do your best to do the same.

As you get a chance throughout the day, write everything that **failed** to diminish your attitude on the BACK of that piece of paper. ...anything that succeeded in diminishing your attitude should go on the front.

Chapter 1: Attitude / Gratitude

At the end of the day, look at the list of things that you defeated written on the back of the card. You've just proven that if you choose, those things have no power over you.

Then, look at the front of the card. If there is anything written there, erase it and promise yourself (if and when you should face it again) that you'll do your best to move it to the back of the card where it belongs.

4. Explain how learning a higher degree of gratitude will help you maintain a healthy attitude.

5. If you wanted to, what could you be grateful for right now? List at least 10 things.

6. How could you show (with action, instead of just words) your gratitude for those things?

7. List 5 or more things you now have, (including knowledge or ability) that were once only goals.

Chapter 2. Goals / Success

WHAT DO YOU WANT?

This is the HARDEST question in the world for most people to answer. Sure, they'll start out thinking about what they want, but they will almost immediately begin to edit those "wants" dramatically to fit their pre-conceived notions about what they *think* they can have.

Well, that isn't what this exercise is about! **Make yourself get honest** and answer the question. You can always "revise" what you want later (if you WANT to) but for now, we WANT the TRUTH!

Additionally, we want it to be as specific as possible. Some categories and specific questions have been listed below as an example. Pick the ones most important to you (or add any that you feel are missing) and have at it. Answers can be quick and easy, or deep and drawn out...whatever feels right.

POTENTIAL CATEGORIES: Your health, your mind, your job, your home, your family, your toys, leisure time, public service, your hobbies, etc.

Example 1: **Your Mind**

How do you "see" your mind if it were in perfect form? Define it in three words. How much control will you have over your thoughts (and actions?) How focused will you be? Have you developed your mind to the point where it naturally drives you in the right direction? What will your internal dialogue be like...will you accept "speaking" to yourself disrespectfully? Etc.

Example 2: **Your Job**

How are you going to contribute to the world? Within a couple years of filling that position, how much do you want to earn per month? (Is that answer you thought of *before* or *after* taxes?) How many hours per week will you be working? ...is there a specific shift you want, or will you be able to work your own hours? What will you be wearing for this Job? How do you look? How much time do you want to spend with Co-workers (if any?) Will you be the boss? How many employees will you need? What kind of people will they be? Etc.

Chapter 3: Visualization / Transmutation

Transmutation (visualization) is an extremely important supplement to goal setting. It brings dreaming back into the picture, but not in its normal “watered down” form of wishful thinking.

Visualization prepares our mind and body for the future by allowing us to experience that future right now. This not only makes it easier for us to move confidently towards what we see, it also increases the likelihood that we’ll begin to recognize and stop doing things that undermine the vision we’ve created. (Counter-productive thoughts and actions become far more obvious and less acceptable when they’re held against a productive vision that we look at regularly.)

A good place to exercise your visualization skills is when you’re lying in bed (just prior to going to sleep.) Clear your mind of distractions and really let yourself *live* a day in the life of your future. Don’t be surprised if after a couple weeks of doing this you begin to see more and more ways you can manifest the future you’ve experienced so clearly in your mind.

It should be noted, however, that you can visualize or “see yourself” as having already achieved what you want just about anywhere at any time. While you’re cooking dinner, cutting the grass, in the shower, while you’re stopped at a train, etc. Take advantage of all the opportunities you can to keep your mind pointed in the right direction.

As an example, it was once a goal of mine to buy a brand new Dodge Viper. ...at the time, I was driving a 1994 Dodge Colt worth a couple thousand dollars, but that didn’t stop me from having some fun with the idea.

Periodically, I’d walk up to that Colt with a smile and look at it like it was a Dodge Viper. I’d get in, close the door, and fire up that “10 Cylinder – 500 horsepower engine” As I’d drive down Puritas Avenue in Cleveland, I’d look through the glass of that car with a real sense of accomplishment; I’d let myself *feel* how good it felt to have finally gotten that Viper I’d always wanted.

Make no mistake about it, it was a lot of fun and it only served to increase the certainty that I would one day own that exact machine (which of course I eventually went on to do.)

Chapter 4: Focus

1. Name 5 things you could focus on more often that would lead you closer to the things you want in life.

2. Name 5 things that you should spend less time focusing on.

3. Compare the two previous lists. Are you like most people? Are you focusing twice as much of your available time and mental resources on the *less productive* list? If so, list some ideas on how you can correct this.

4. To take this a step further, spend an entire day compiling a list of what you actually spend your time thinking about. This won't be easy, but you're likely to be surprised how many counter-productive thoughts can sneak in throughout the day. (And who knows, you might even find some more good ones than you expected.)

Before going to bed, take the entries you've compiled and grade them based on whether or not they were useful to what you are ultimately trying to accomplish in life.

Was the entry necessary, or unnecessary? Was it empowering, or disempowering? Did you spend too much time on it, or not enough? Etc.

This exercise is likely to reveal a lot of focus, throughout even the busiest day, that could be more productively directed.

Chapter 4: Focus

5. Last but not least, list some ideas about how you could more effectively use the time you have in each day. One way to determine whether or not the solution you come up with is worth the investment (in effort or money) is to put an actual dollar value on your time. So for instance, if your time is worth a minimum of \$10 an hour, you can easily calculate what a change will ultimately be *worth to you* over a week, a month, a year, etc.

Example 1: Do you surf the Internet a lot? Are you still on a dial up connection? Assuming you spend two hours a day waiting for pages to load (60 HOURS a month) you could cut that “loading time” to about 6 HOURS a month with broadband. What is 54 hours of your time worth? ...at \$10 an hour, it’s worth \$540 per month.

Example 2: Do you watch a lot of TV? If so, are there any programs that aren’t really that important to you? (Programs you watch more out of habit than genuine interest?) If not, have you considered buying a digital recorder that would allow you to easily record your favorites and fast forward through the commercials? This could easily net the average American hundreds of extra hours (Thousands of dollars worth of time) each year.

Example 3: Have you got a big lawn that you’re still cutting with a push mower? Could you do the same job in half the time or less by purchasing a riding mower? Calculate what your hourly value is and figure out how long it would take for the mower to pay for itself. Consider everything (after it paid for itself) your profit.

Example 4: Are you spending 50 hours a year doing (and worrying about) your taxes? Give a tax specialist a shot this year. See if he / she can actually save you more on your tax bill than what it will cost for their service. ...and if so, count the hours and aggravation you saved as an added bonus.

Everything we do can be done more efficiently. Every time we do something more efficiently, it’s like adding time and opportunity to our lives. We all start our day with the same 24 hours. ...If we become just 10% more efficient, that frees up a LOT of extra time we can use to get us where we want to go in life.

Additional notes:

Chapter 5: Money

1. Money provides us options. It enables us to access and benefit from the best work of others. Explain how this helps us continue to become and contribute more.

2. If there are no limits to how much value a person can contribute, should there be a limit to how much value the world pays him / her (willingly) in return? Explain.

3. Explain how we always have a choice in what we earn?

4. Explain the difference between a morally corrupt greedy person, and one who lawfully acquires wealth.

5. By making the most of this opportunity called life we greatly increase our ability to help others. Explain why fulfilling all of your deepest desires (without violating the rights of others) is a worthy and useful aim.
