

Thrive 365 #28

Did you know?

Mohammad "Mo" Gawdat is the former Chief Business Officer for Google X, an entrepreneur, and the author of the book 'Solve for Happy'. He talks about categorising our thoughts into three types:

- 1) Incessant (your brain sounding a siren)
- 2) Experiential (observing the world around you)
- 3) Insightful (solving a problem).

Only the latter two are helpful or useful ways of thinking; however, we often spend a lot of time on incessant thoughts.



What can you try?

1. Ask yourself challenging questions

If you are experiencing incessant thoughts, challenge them by asking yourself a question that will move you on to either an experiential or insightful thought process. For instance - 'What am I missing here?', 'When have I thought like this before?', 'What evidence do I have for this?', 'What has worked before?'

2. Explore life

Seeing life like a video game, can be a useful analogy. Rather than simply trying to complete the level as fast as possible, try to explore the most interesting and exhilarating parts of the 'game'. This can come with an element of fear, but it also puts you into an experiential mode of thinking. At this point, excitement can replace anxiety as they operate at a similar intensity.

3. Call time on negative mind chatter

Treat your brain like a friend. If this friend constantly talked to you in a negative way and appeared every few minutes to offer another unhelpful suggestion, you would challenge them and tell them to stop. Do the same with your own mind chatter.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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