

Session Six – How Thinking Drives Your Results

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1. The Role of Thinking In Success and Failure

2. Origin of Thinking Patterns

a. Taught

b. Caught

c. Experience

3. The Patterns

a. Three P's

b. All of Nothing

c. Catastrophic

d. Overgeneralize From One To All

e. Thinking You Know

f. Victim

Life Coaching Webinar

g. No Data

h. Limits vs. Reality

4. Changing Thinking Patterns.....

a. Observing.....Be aware

1. What is not helpful?

b. Monitoring....Attention

c. Disputing....Changing

d. Logging....Ongoing Process

e. Modeling

f. Other Experiences

g. God's Word

h. Self-Talk

i. Accept, Ignore, Choose

5. Thinking Audit For Specific Goals