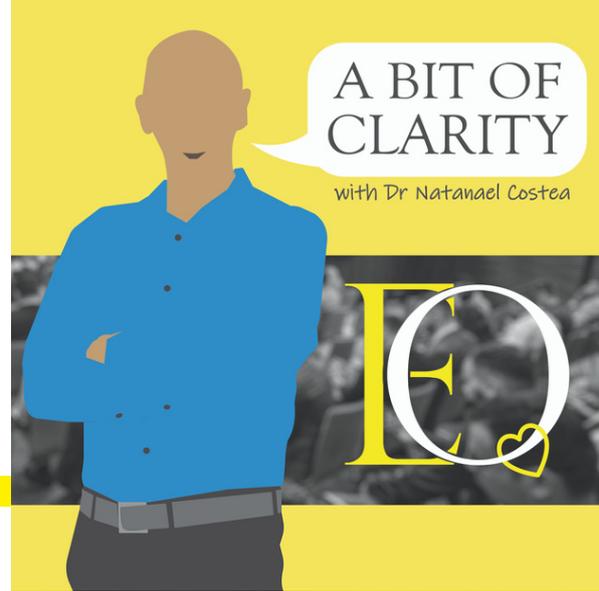


EP 009 CLARITY IN THOUGHTS



SHOW NOTES

OBJECTIVE

> Develop an understanding on how to have clarity in your thinking.

UNDERSTANDING OUR THOUGHTS

> Our thoughts matter. They initiate meaning, understanding, desire and emotions. They come from both outside influences and also our inner core, our hearts. Our thoughts are linked to experiences, learning, upbringing, relationships and they are also preprogrammed in our DNA.

CLARITY IN THINKING

1. Unconscious thinking - random, pointless, noisy, unhelpful and unresourceful thoughts that lead to worries, doubts, fear, negativity, overwhelm, busyness, clutter, over-thinking, guilt and stress. Unresourceful mental chatter drains your energy, takes your focus away, leads you to procrastination, irritates you, makes you feel guilty and promotes inconsistent motivation. These are called thoughts **below the line**, thoughts you should eliminate from your mind.

2. A higher thinking - intentional, focused, peaceful, quiet and solutions based thinking. Focus on values you esteem and let your thinking be governed by those. Tap into these thoughts to have greater clarity in making plans, in implementing plans, in focusing on what matters, in finding motivation and direction, in being creative and productive. These are thoughts **above the line**, thoughts you should intentionally tap into.

ACHIEVING GREATER CLARITY

1. Breathe - learn how to clear your mind through breathing. Go in nature on regular basis and take deep breaths, walk, run, swim, observe and become in tune with life and surroundings. Be present.

2. Choose your thoughts - learn to become aware of your thoughts and do not let them drift away. Choose what you will think of. Be proactive and intentional in this. Yes, you can choose what to think of. Deal with negative thoughts by being full of gratitude and choose the best thought in each situation. Don't fight the thought, move to a higher one.

3. Decide your higher values - decide what your priorities, values and standards are and live by them. Your thoughts generally align to your values and your values to your identity. Clarify your identity and your values and you will have higher thoughts, better interpretation of those thoughts and happier emotions.

APPLICATION

> Keep a journal of your thoughts, above the line and below the line, and see how you tally up during the day.

RESOURCES

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