



Chapter 3: No Rush Exercises

Inserted Thing 1. Keeping your spirits high exercise

- 1) Think about how your life is positively impacted when you get rid of all your problems – what is your life like 5 years from now? Ten years?

5 years	
10 years	

- 2) Look back at your answers above. How did you define ‘get rid of all your problems’? How is what you’ve written congruent or incongruent with the nature of thinking and the constancy of your wellbeing that we’ve been discussing? In what ways can you see what you’ve written here already reflects a growing understanding of what your inner wisdom is (I’m assuming there is, somewhere)?



Large empty rectangular box for writing.

3) Think about times when you've set yourself a goal and achieved it. How did you do that? What resources would other people say you brought to it? Decide how you would like to indicate the ones you would like to keep, the ones you would like to do more of, and the ones you want to do less of now that you know that strengths can be weaknesses and that pushing that particular resource too hard can be counter-productive. Put a K (keep), I (increase) or L (lose) in the third column, or colour code your answers – whatever works for you. You're not going to make me or anybody else happy or unhappy with how you do it, there is no right way. Just your free choice.

Achieved Goal	Resources	Increase, Keep or Lose?
GOAL 1		
GOAL 2		



GOAL 3		

Pause for a moment, and think about how you would explain the difference to somebody else. No, I'm not going to do it for you in the next paragraph so you can avoid the effort. If you want a clue, reread these first three chapters, or even just this one section. If you want to write it down, I've even giving you a little box for it.

Inserted Thing 1. Difference between positive thinking/perspective/hope and genuine inside-out living. In YOUR words.

Exercises for chapter 3:

1. Listen to three songs from the radio, any station you like. Really LISTEN to the lyrics. Go 'AH!' or whatever vocable is fun/amusing to you every time you spot outside-in thinking. This includes lyrics such as, 'Jesus saved me', 'I can't go on without you', 'you gave me the best day of my life', 'you wrecked my life', 'how do you get up from an



all-time low?', 'you are my sunshine', 'I forgot what I was drinking to forget', etc. Also, please Shazam or Google the lyrics and really pay attention to them. Again, go 'AH!' (etc.) every time you spot outside-in thinking. Go 'AHA' (or another vocable of your choice) if you come across a song that at least tries to come from an inside-out perspective, like Alannis Morissette's Thank U (some outside-in thinking is in here too, if you want to check it out and test your wonky thinking spotting skills; at least she's going in the right direction).

I'm even putting in a space for you to write your song titles:

1. _____
2. _____
3. _____

2. Listen to three songs, arias, etc. from another era/decade/century. If you are linguistically skilled, what about listening to songs in another language? Repeat as in step 1 above.

1. _____
2. _____
3. _____

3. Once you have done 1 & 2, Start going 'AHA' (etc.) at the thought that outside-in thinking shows up year after year, decade after decade, era after era in human culture. If you start to get overwhelmed at the enormity of The Biggest Con Ever... stop, breathe, and know that your brave, new thinking is already changing the nested morphogenic fields of you, your relationships, your culture, your society, and humanity itself (See Appendix C), thus making it even easier for future generations of homo sapiens to have access to their wellbeing and have clarity in the nature of thought. Cool, huh?