

Dear Friends,

If you have never thought about how to best deliberately use your mind and optimise the way you think, it is worth taking a few moments to reflect on this. A book that I have read suggests you are your mind, which is separate from your brain. At times your brain can provide unhelpful thoughts. If you intentionally direct your attention you can improve the your thinking. I summarise a book 'You Are Not Your Brain' in some detail which recommends the following steps to help reduce unhelpful thinking:

Step 1: Relabel—Identify your deceptive brain messages

Step 2: Reframe—Change your perception of the importance of the deceptive brain messages

Step 3: Refocus—Direct your attention toward an activity or mental process that is wholesome and productive

Step 4: Revalue—Clearly see deceptive brain messages as something to dismiss, not focus on).

Remember you speak to yourself more than anybody else!

Tweet of the Month

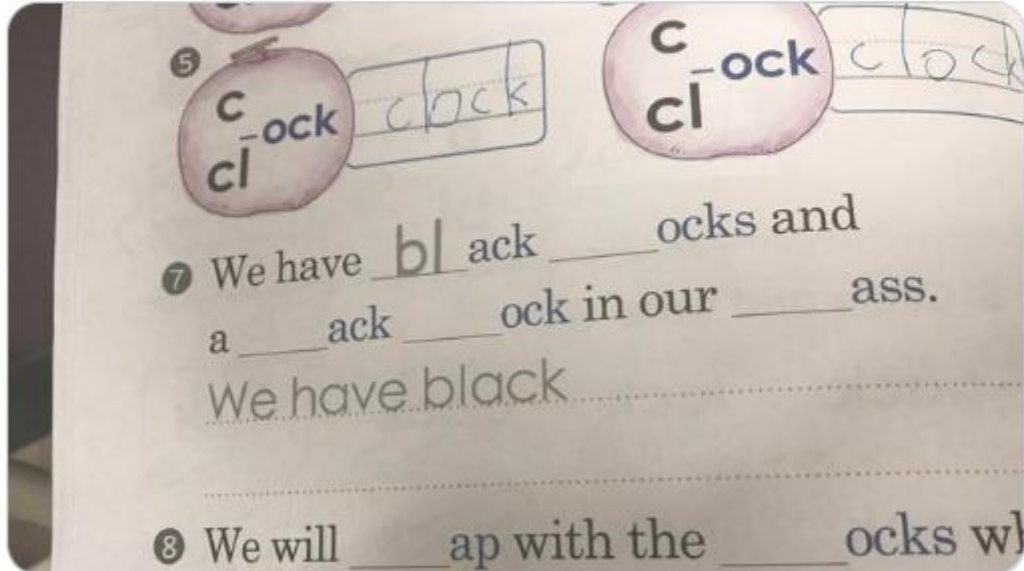


Tom Lawton ❤️ @LawtonTri · Feb 10

...

So my son's school bubble went down and I've had to try to spend the day home schooling whilst desperately trying to catch up on admin and data work...

Can anyone help with answers to this?



59

150

1.2K



This light hearted Tweet resonated with me as it summarises the challenges of home schooling and is a good example of actively looking for humour in day to day life.

Regarding YouTube am well on my way to my self-imposed challenge of summarising 50 books this year. Have been putting out quite a few so selecting my video of the month is harder! Have opted for this book, Principles by Ray Dalio, a fairly dry book that has a lot of useful learning points. I summarise it in just over 11 minutes and hopefully have removed the need for you to read this fairly dry book yourself!

YouTube Video of the Month



If there is a book that you would like me to summarise please get touch, will consider it!

Until next time, take care,

Chris

Please click on this link to: [forward this newsletter to a friend](#) so they can sign up!



Chris Weatherburn

Get the most out of your life!

