



# Change Academy Lab Notes

**TOPIC:** Choosing your thoughts

**EPISODE** #37

**NOTES/TAKEAWAYS:**

**EXPERIMENT:**

Next time you notice that a thought is causing you stress or discomfort, write that thought down.

Step 1: Ask yourself: Is this thought verifiably true?

Step 2: Ask yourself: Do I have anything to gain from continuing to entertain this thought?

Step 3: If you decide that a thought does not deserve your energy, make a conscious decision to put it down, using whatever imagery works best for you.

Step 4: Decide what you want to think about instead and spend some time cultivating that thought.

**OBSERVATIONS:**

**FURTHER EXPERIMENTS:**