



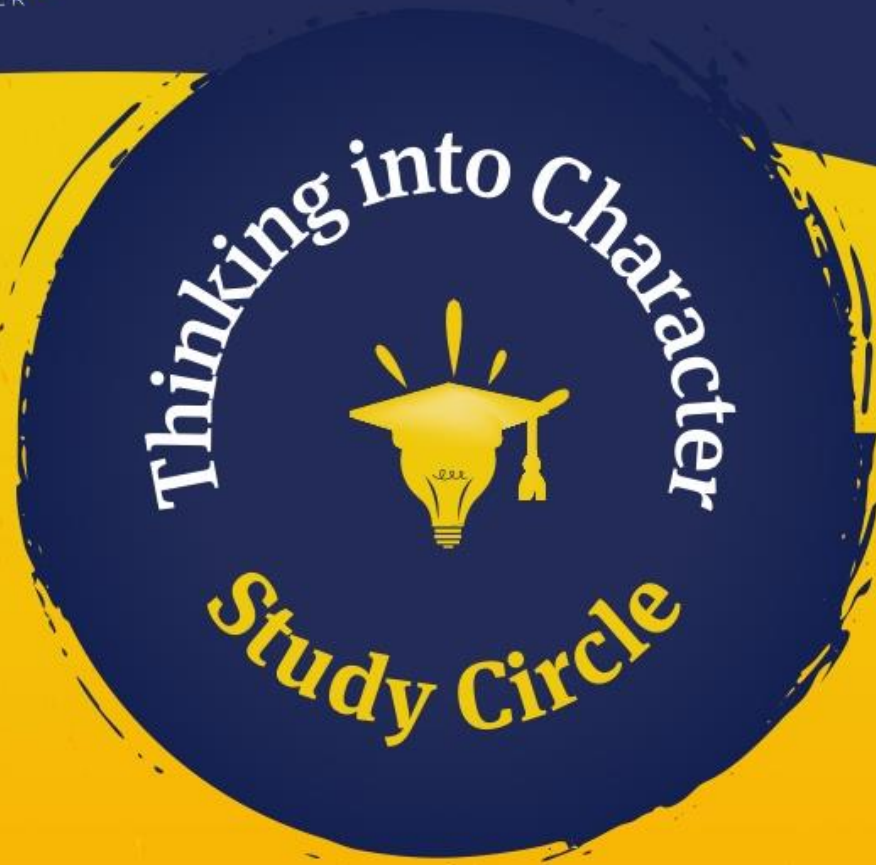
Thinking into Character Study Circle



 **Thinking**
INTO CHARACTER

 **REGENT**
COLLEGE
LONDON

 **Thinking**
INTO CHARACTER





Lesson 12: Part 1

The Secret to Increasing the Power of Your Mind



We will:

- **Discuss the importance of decision making**
- **Explore 6 tips for everyday planning by Earl Nightingale**



AMBIVALENCE

DEFINITELY/ MAYBE

STAY/ GO

LOVE/ HATE

YES/ NO



AMBIVALENCE Definition:

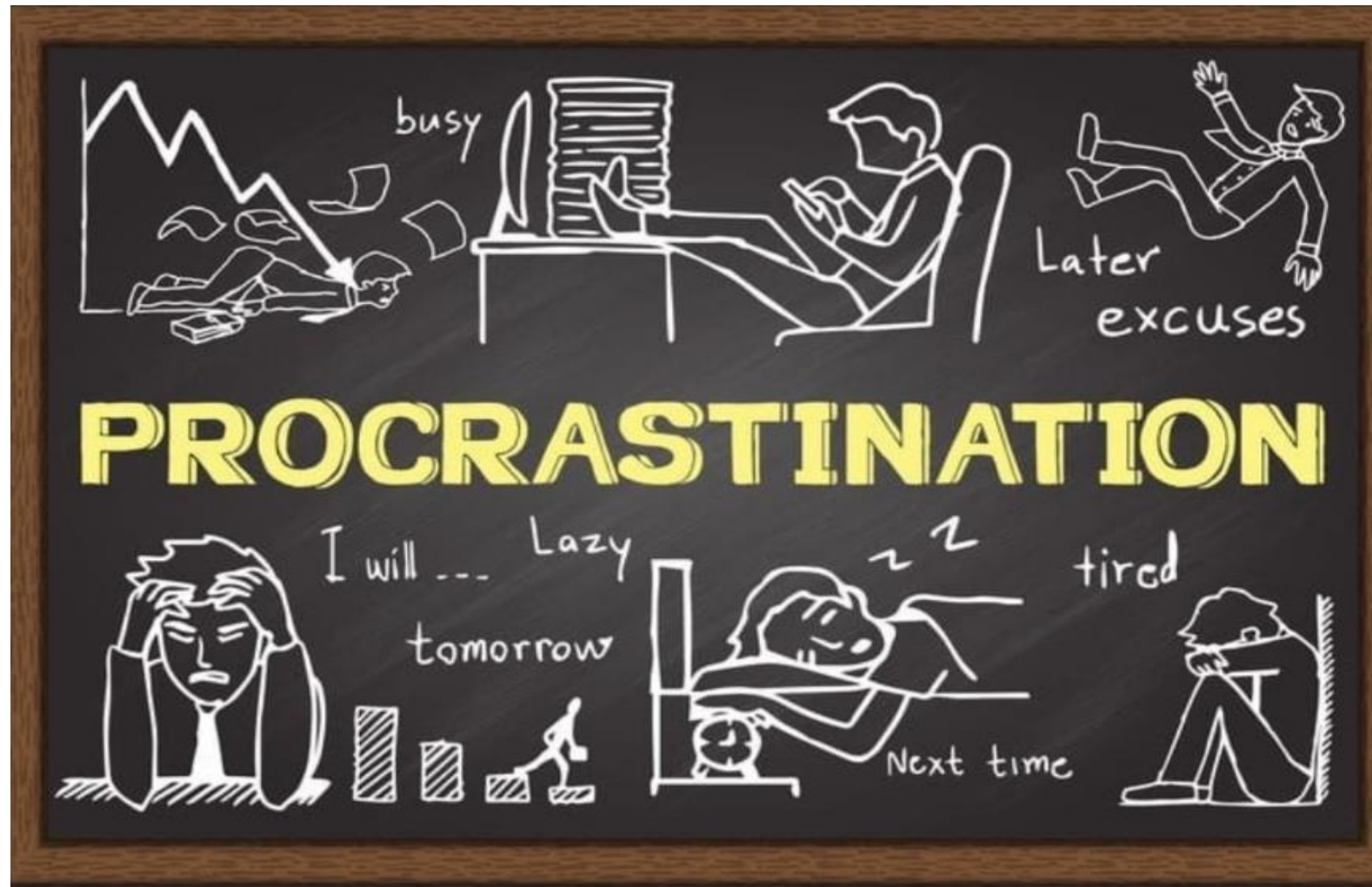
- ★ uncertainty about a choice
- ★ the desire to say or do two opposite or conflicting things



AMBIVALENCE

Ambivalence is the mortal enemy of my dreams. Unless I am committed to them with all my mind, heart, and strength, I will not be willing to do whatever it takes to make them happen.





**“DON'T LET
PROCRASTINATION
TAKE OVER
YOUR LIFE.
BE BRAVE
AND TAKE RISKS.
YOUR LIFE IS
HAPPENING
RIGHT NOW.”**

- ROY BENNETT
ITSALLYOUBOO.COM



Some of the most common reasons for what causes procrastination include:

- Perfectionism
- Fear of failure
- Fear of criticism
- Avoidance
- Low self-esteem
- A tendency to self-defeat
- Depression
- Trouble focusing



Advanced decision making

Angeles Arrien cultural anthropologist :

Paying attention to what has heart and meaning

Heart Four chambers

Half Hearted – Full hearted

Closed hearted – Open hearted

Confused – Clear hearted

Weak – Strong hearted





6 tips for everyday planning by Earl Nightingale

Complete this exercise every night before going to bed or first thing in the morning

1 Write down in the diary or mobile things that needs to be done

2 Plan the day tightly, schedule enough time to keep you moving

3 Use time wisely



4 Plan things you can work on or think about while you are waiting or commuting (book, podcast, article)

5 The best time to stop wasting time is to schedule your time. Plan tomorrow tonight

6 Get up one hour early to be able to do some personal study

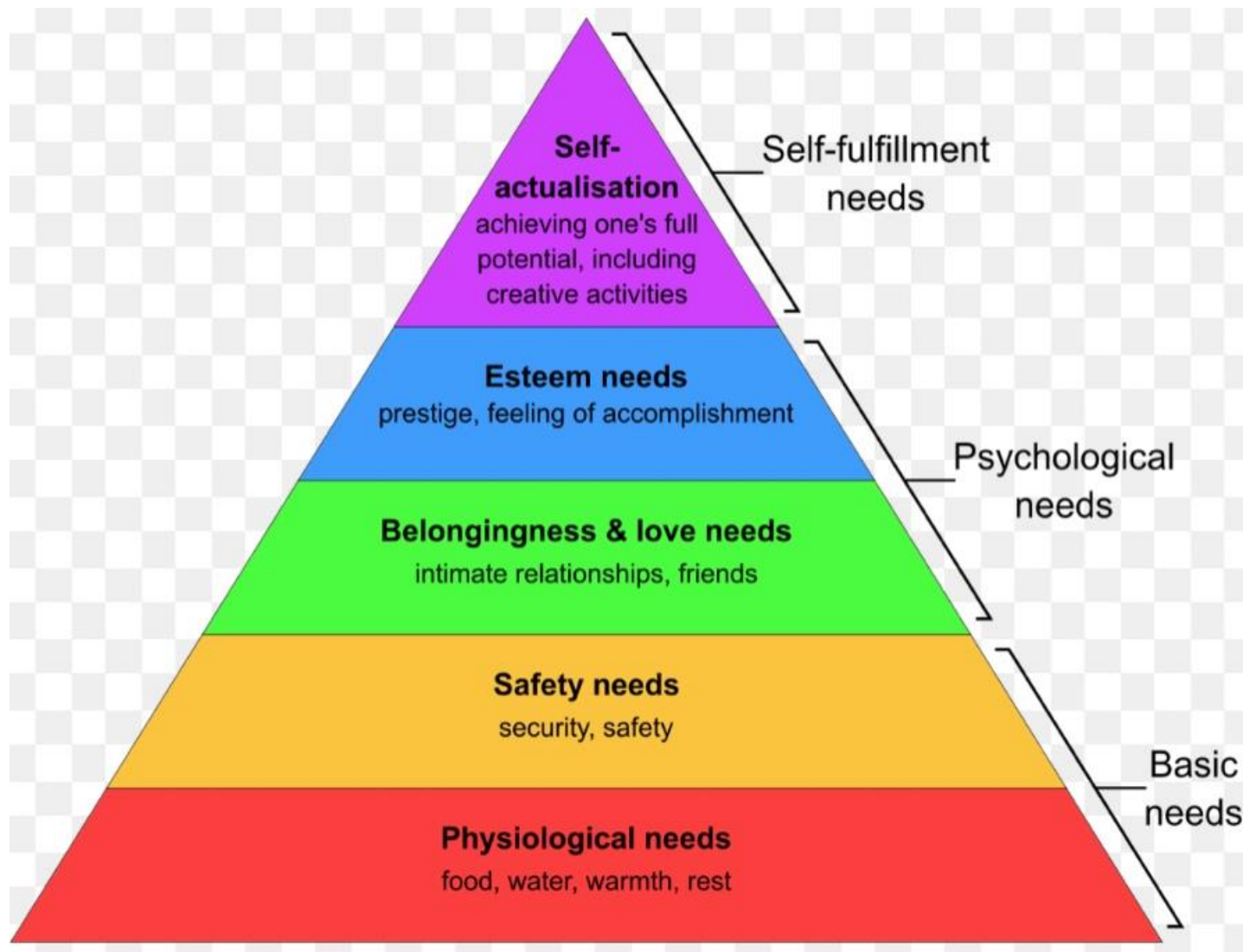


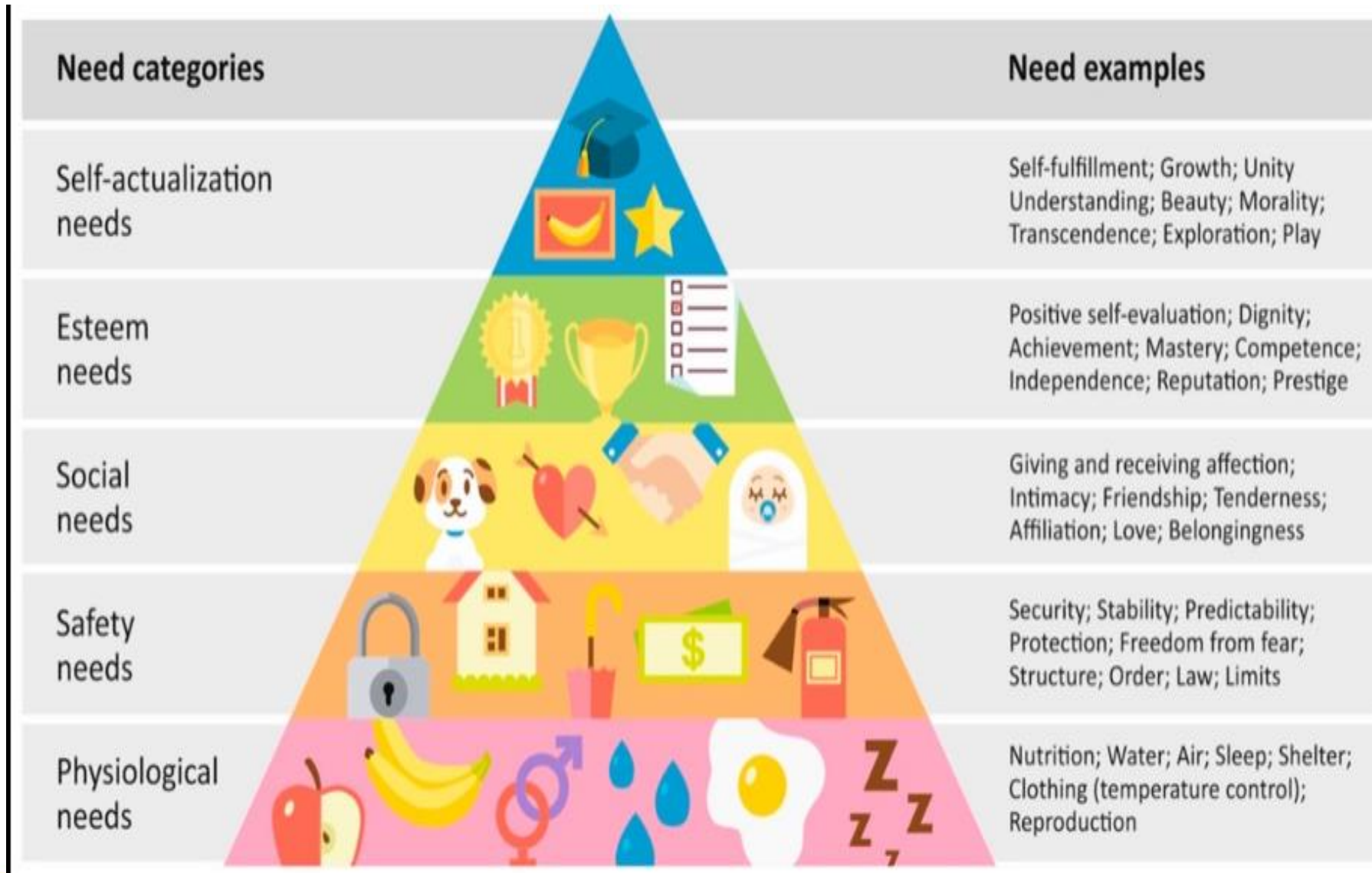
Practice to take home for Friday, the 16th of July

1 Read overview of lesson 12 p. 162-166

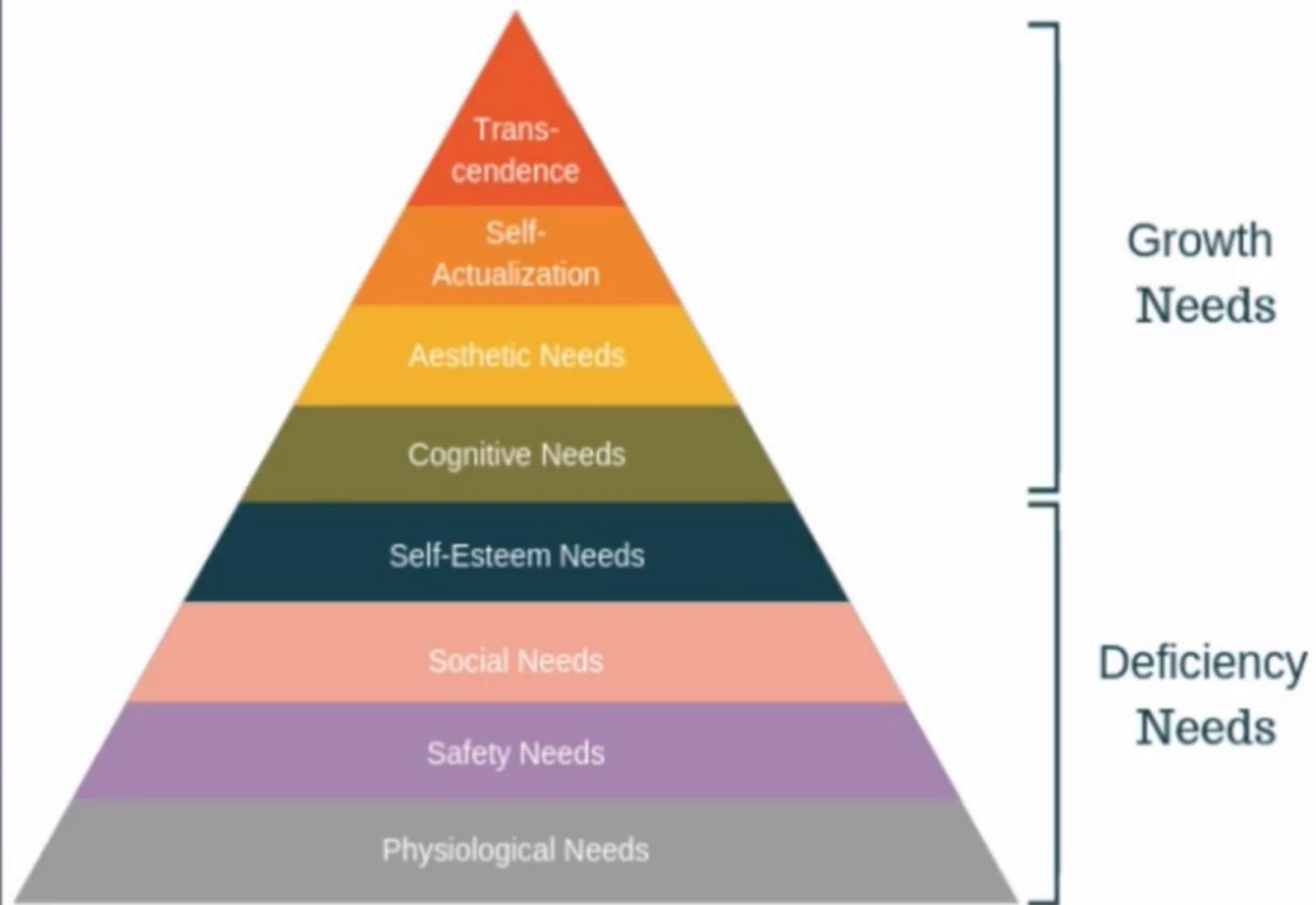
2 Do ex 3 p 167







Maslow's 8 Stage Hierarchy of Needs



Maslow's Hierarchy of Needs



Some Characteristics of Self-actualizing persons.....

- Morality
- Autonomy
- Creativity
- Spontaneity
- Problem-solving
- Lack of prejudice
- Peak experience



Peak Experiences

Thinking
INTO CHARACTER







YOU





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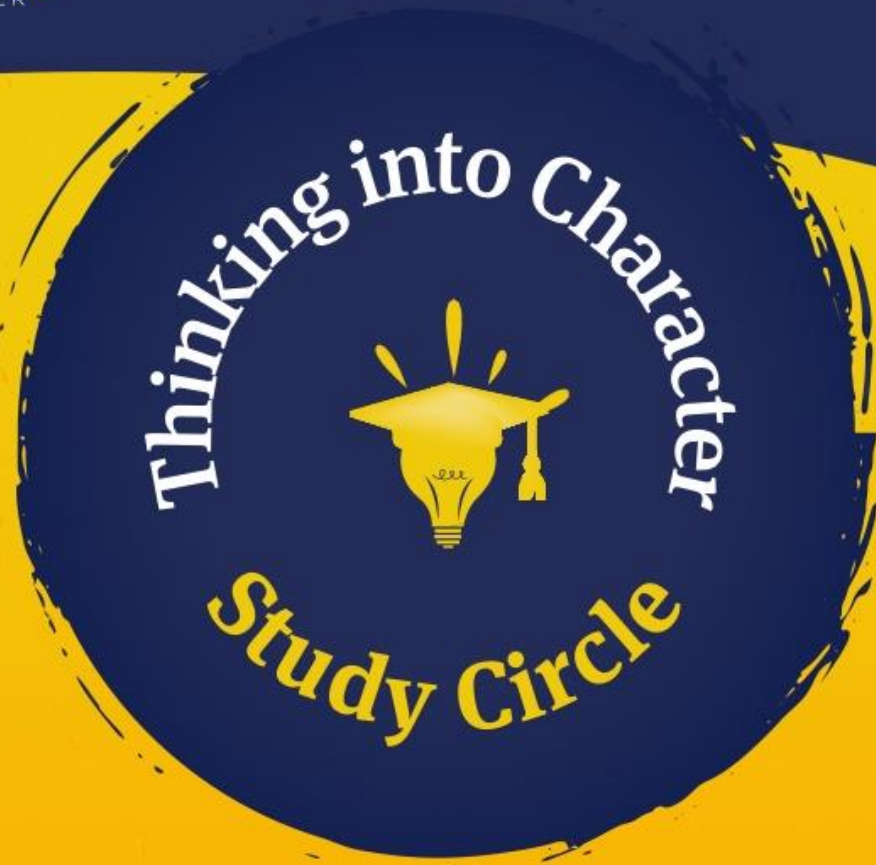
Name three characteristics of a good leader




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