



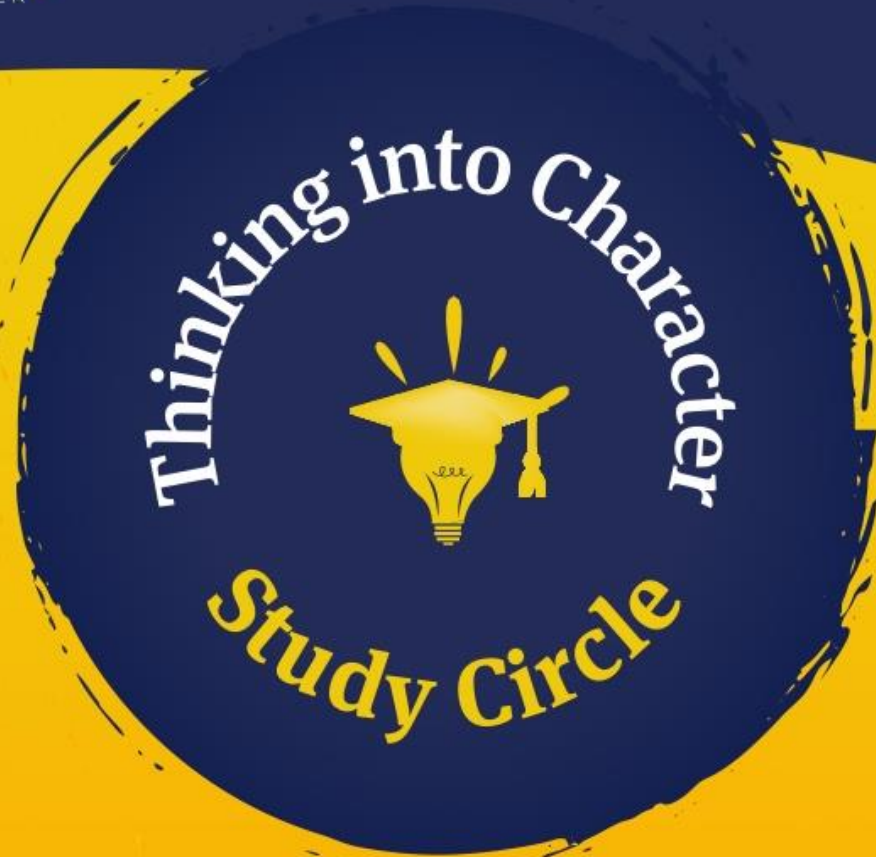
# Thinking into Character Study Circle



  
**Thinking**  
INTO CHARACTER

 **REGENT**  
**COLLEGE**  
LONDON

  
**Thinking**  
INTO CHARACTER





## Discussion point

**Name your ultimate goal, how will the achievement of this goal improve your life?**

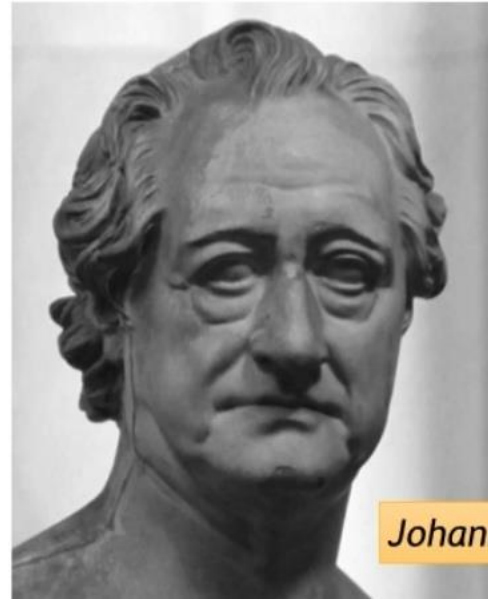


# Lesson 2: Part 1

## Bridging the gap Knowing vs Doing

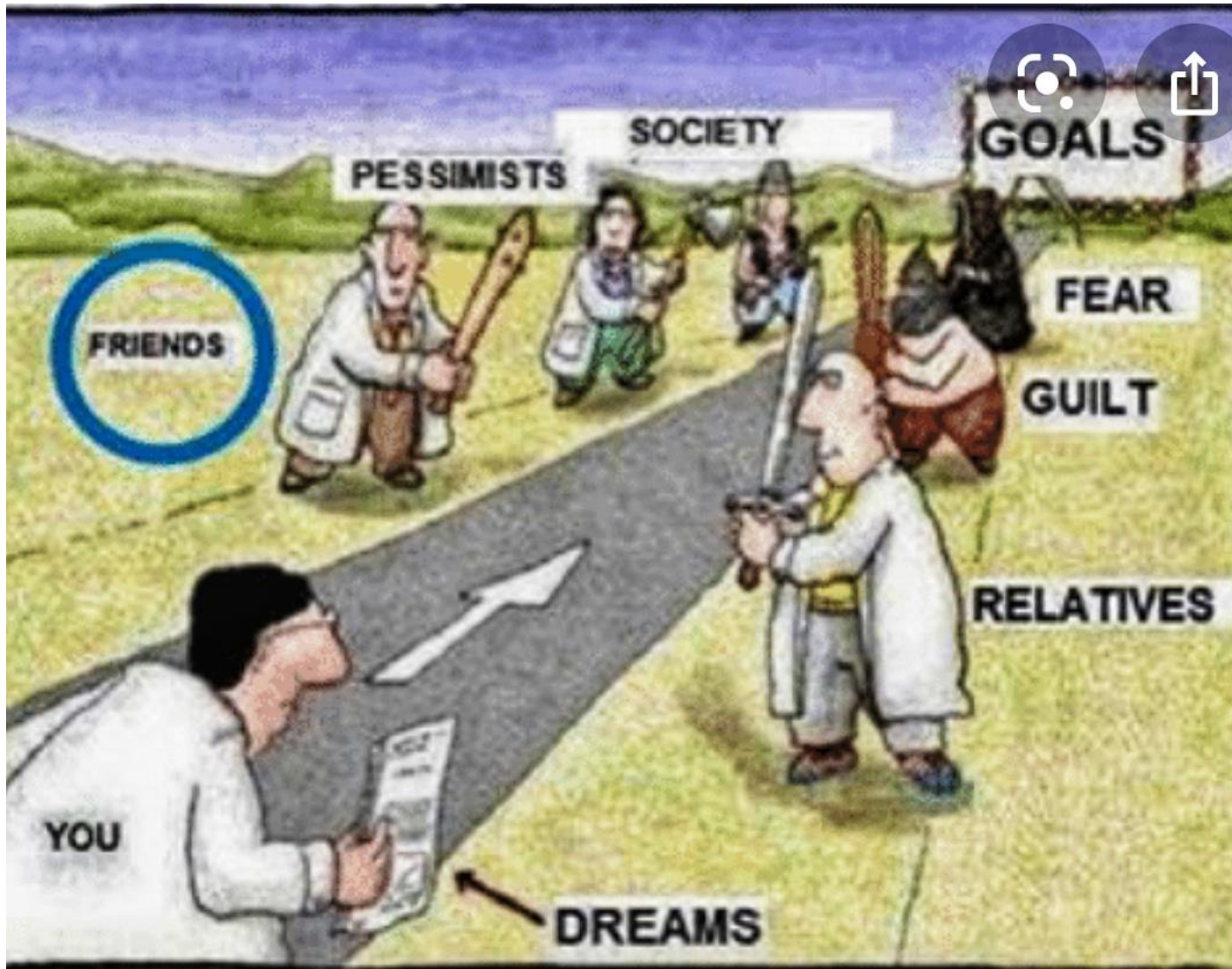


*“Knowing is not enough. We must apply.  
Willing is not enough. We must do.”*



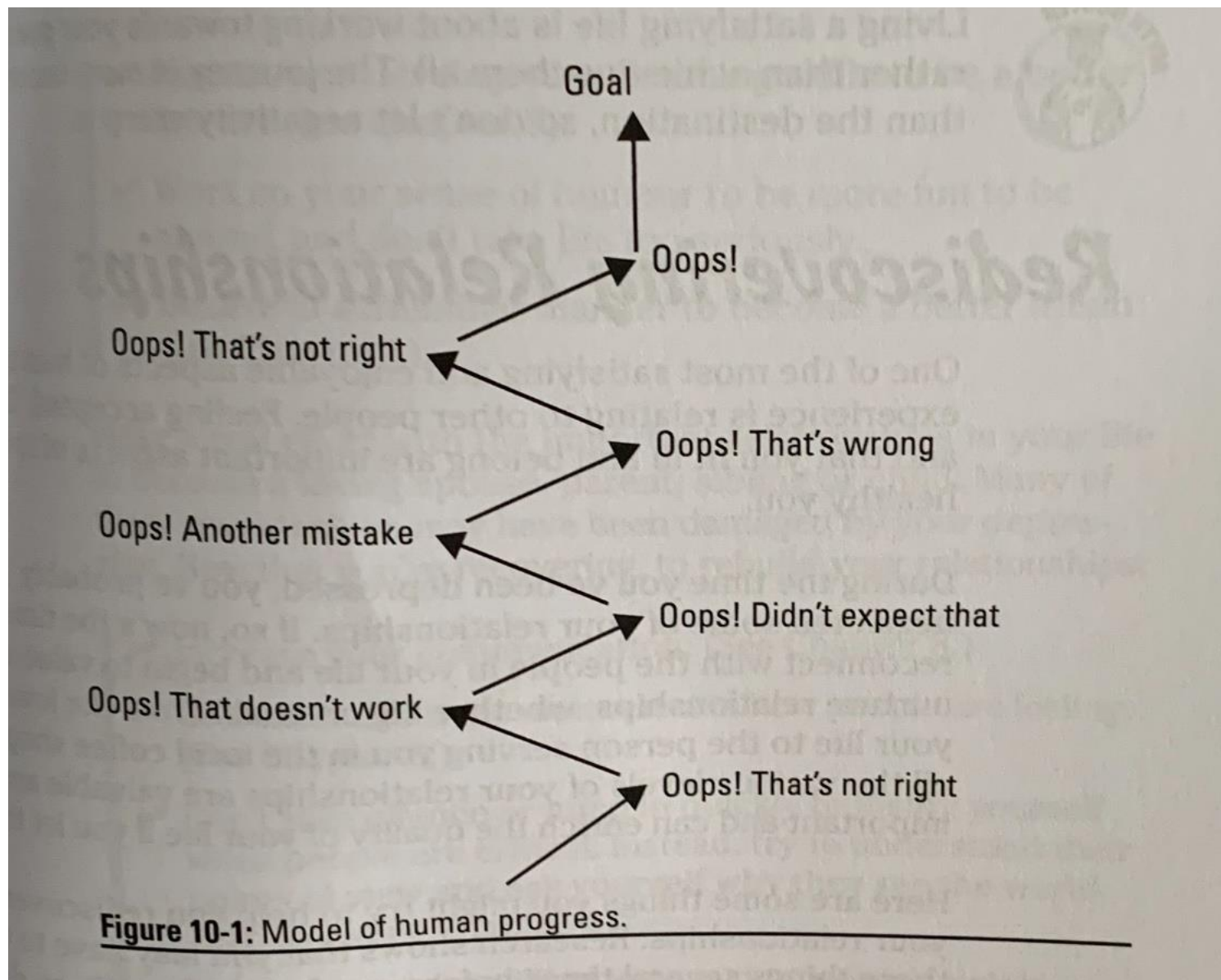
*Johann von Goethe*





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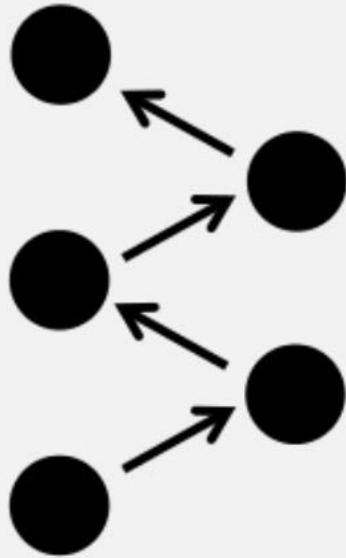


Don't concern yourself too much with how you are going to achieve your goal - leave that completely to a power greater than yourself. All you have to do is know where you're going. The answers will come to you of their own accord, and at the right time.

**Earl Nightingale**







You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something —your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life

*Stanford commencement address, 2005*

Steve Jobs



# Time to act: YOUR TIME IS NOW



- **Set up your ultimate goal, write it, capture it on the phone**
- **Map your plan, break your goal down into smaller steps**
- **Take action every day, be persistent**
- **Reflect on progress every day, celebrate your wins, learn from mistakes**
- **Plan for setbacks, be flexible and open minded**
- **Study further, continue to watch videos, listen to podcasts, read material again and again – the key to success is repetition**
- **Every day visualize yourself reaching your goal, emotionalize it , feel it, live it**



# ★ Visualizing ★



Create a movie  
in my mind

**Practice:**  
**Visualize your dream**



## Practice to take home for Friday, 7<sup>th</sup> of May

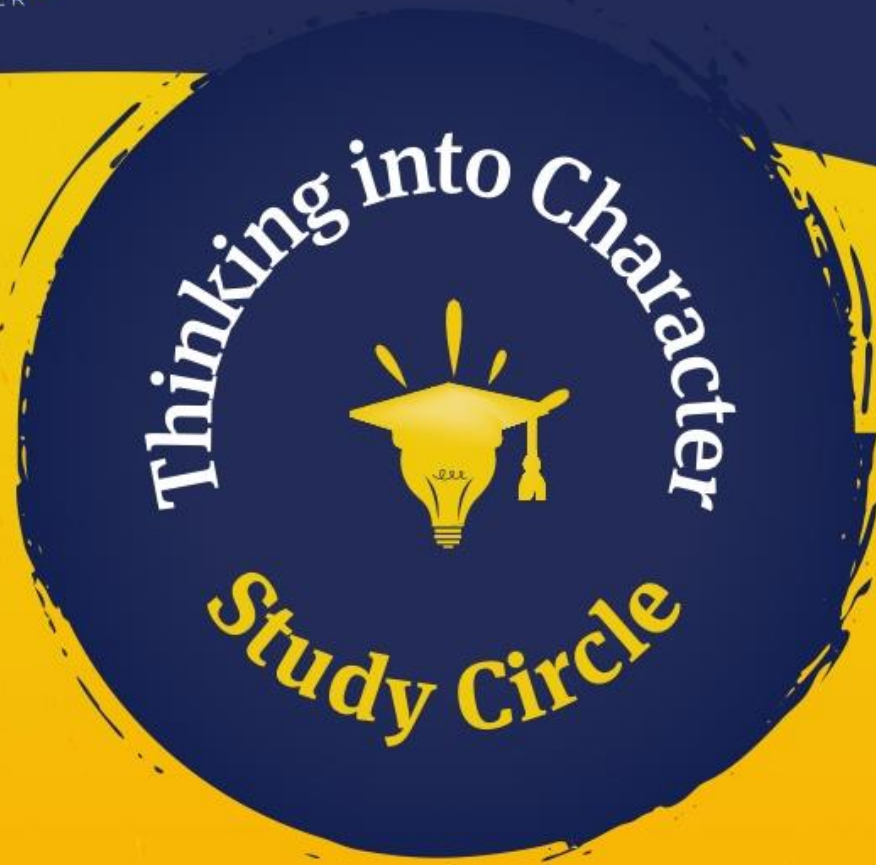
1. Describe situation with negative result , do the same with positive result ( use present tense) Ex 1 p 32
2. Describe : Non –Effective Actions (NEA) vs Effective Actions (EA) Ex 2 p 32
3. Watch lesson 2 video, read and reflect on Lesson two material p.28-31
4. Reflective journaling



  
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## **Lesson 2 : Part 2**

### **Bridging the gap**

I have not failed. I've just  
found 10,000 ways that  
won't work.

AZ QUOTES

Thomas A. Edison



**Name one of your Non- Effective  
Action and describe Effective  
Action which could replace it**





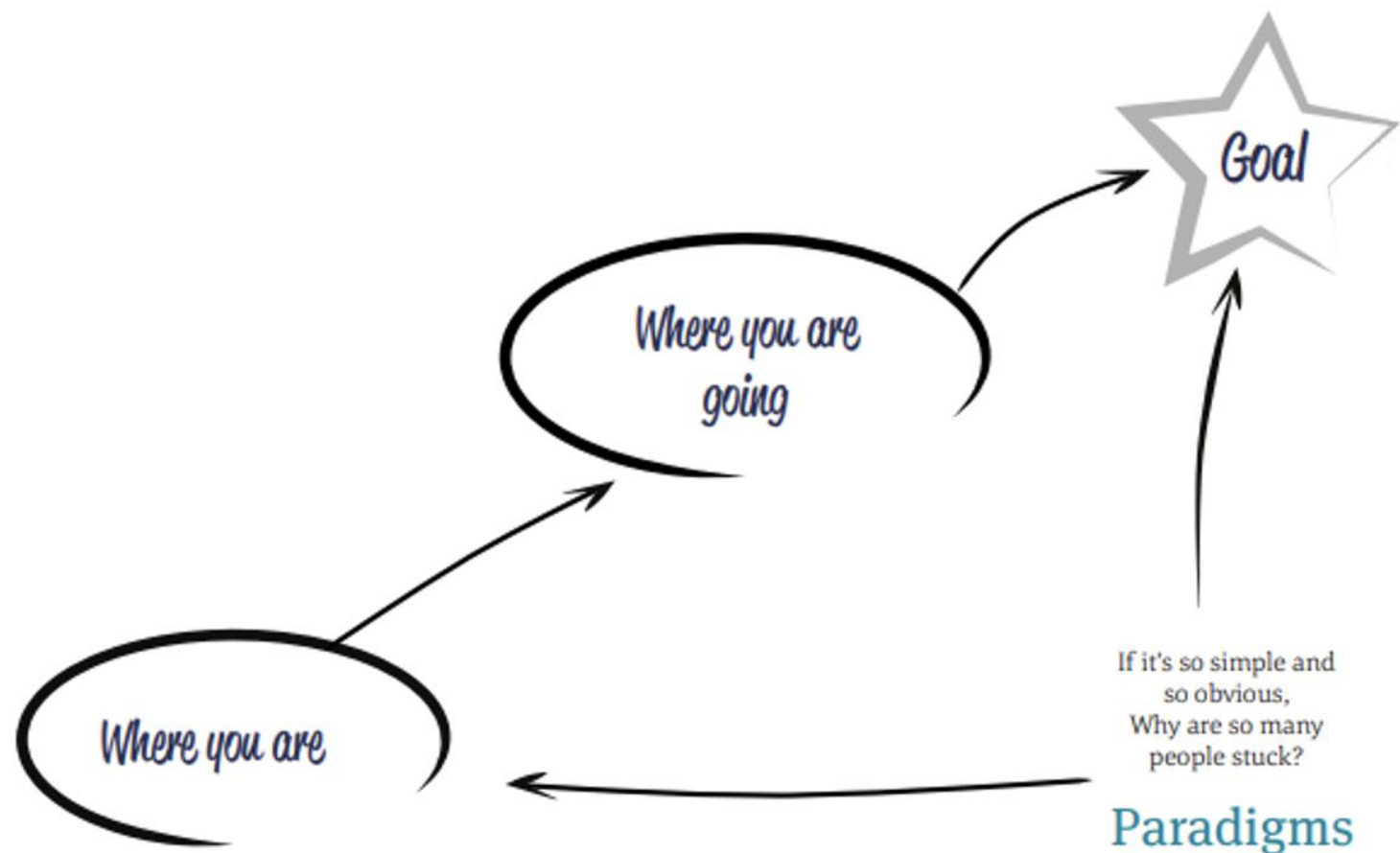
# ★ Visualizing ★



Create a movie  
in my mind

**Practice :**  
**Visualize your goal**



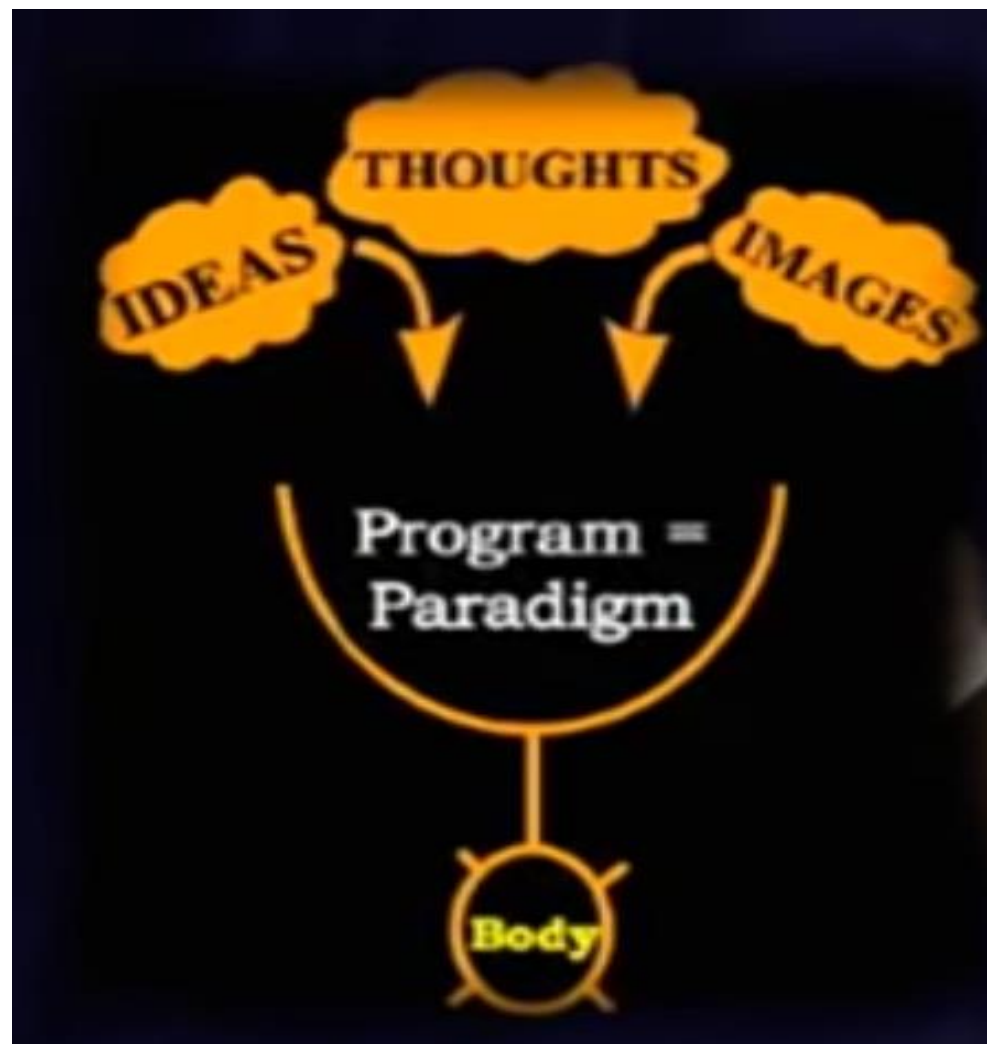


# paradigm

*..is a mental programme that has almost exclusive control over our habitual behaviour...*

almost all of our behaviour is habitual.





**Situation:**

*Spent an hour writing a draft,  
but it was never good enough.  
Threw it away.*

**Thought:**

*"I'm never going to be  
published."*

**Emotion:**

*Hopelessness, despair, rejection*

**What is the underpinning theme behind this thought?**

*"My writing is not good enough for other people."*



**Possible Core Belief**

*I'm a bad writer.*

**Coping Strategies**

- Attend and graduate from evening writing classes
- Share my work with more publications



**Significant Event:**

*Submitted an article to the New York Times and was rejected.*

**Core Belief Established:**

*I'm a bad writer, so nobody will ever want to read my work.*

**Coping Strategy for Event:**

*Threw away work, took a year-long hiatus from writing.*



**Situation:**

**Thought:**

**Emotion:**

*What is the underpinning theme behind this thought?*



**Possible Core Belief**

**Coping Strategies**



**Significant Event:**

**Core Belief Established:**

**Coping Strategy for Event:**



# There are only 2 known ways to change a paradigm!

*#1. The constant spaced repetition of ideas,  
that are essentially opposite to the Paradigm.*

*#2. The personal experience of an Emotional Impact.*



## Practice to take home for Wednesday the 12 of May

**1 Read article” How much you are worth” adapted by Earl Nightingale p 33 (Lesson 2)**

**3 Do Assignment 5, p 34 from Lesson Two**

**4 Keep Reflective journal**

