

Quicks Tips for Healthy, Rational Thinking

1. Getting out of bed every day is choice. And most everything thereafter is too. There are very few things we really *need*.
2. Be objective and fact-based. Don't jump to conclusions, make assumptions, or try to read minds.
3. Be where your feet are. Stay present. Don't live in the past or the future.
4. Focus on what you can control. Recognize what is out of your control.
5. Beware of entitlement. Rarely does the world offer guarantees or fairness.
6. Nothing is all good or all bad. Nothing is ever perfect. Ever.
7. Never punish unless you are willing to reward. This goes for yourself and others.
8. Very few things are catastrophic. And we usually survive most of the things that are.
9. Don't think in generalizations. Be precise in your thinking.
10. Don't blame. Even if 1% is your problem, in your control, then place 100% of your effort there.