

# Thrive 365

## Dragonfly: Impact Education



### Did you know?

Mohammad "Mo" Gawdat is the former Chief Business Officer for Google X, an entrepreneur, and the author of the book 'Solve for Happy'. He talks about categorising our thoughts into three types:

- Incessant (your brain sounding a siren non stop)
- Experiential (observing the world around you)
- Insightful (solving a problem).

Only the latter two are helpful or useful ways of thinking; however, we often spend a lot of time on incessant thoughts.

Gawdat, M. (2019) *Solve for Happy*, Pan Macmillan: London

### 1 Ask questions

Quite often, we are so used to the noise of our own incessant thoughts that we don't even notice them. They're just part of the background noise of our lives!

Begin to tune in and notice any incessant thoughts. Once you hear them, question what they're saying. This will interrupt the constant flow of chatter in your mind. It also allows you to challenge the thoughts by asking questions that will move you on to either an experiential or insightful thought process. For instance - 'What am I missing here?', 'When have I thought like this before?', 'What evidence do I have for this?', 'What has worked before?'.

### 2 Explore

When people play video games, they explore the virtual world they're in. When challenges pop up, the player learns from them and improves their skill level. This is an experiential mode of thinking: you observe what's happening around you to inform what you do next.

Visualising life in this way helps to encourage experiential thinking which helps us to take positive action when faced with difficulties, rather than existing in the fight/flight/freeze mode. It can also promote insightful thinking as we take a problem solving approach.

### 3 Be friends

Another reason incessant thoughts are unhelpful is because they are often very negative. Many people, when they tune into that constant voice in their heads, report it saying things like 'you're just not good enough', 'you can't cope' or 'it's all too much'. Often, the voice says things that are much worse than this too!

The chances are, you would never say these things to someone else - especially not a friend. In fact, if someone else spoke to you this way you'd challenge them and tell them to stop. Do the same with the voice in your head and begin talking to yourself as you would a friend: being encouraging, supportive and reassuring.

**Our training:** [www.dragonflyimpact.com/link-tree](http://www.dragonflyimpact.com/link-tree)

Email: [info@dragonflyimpact.co.uk](mailto:info@dragonflyimpact.co.uk)

   @dragonflyimpact