

Think T H i N K



What about this thought is true?	What about this thought is helpful?	What about this thought is inspiring?	What about this thought is necessary?	What about this thought is Kind?
Is this Fact? Is it someone else's opinion? Is there any truth in it?	Is it helpful to me to think this right now? What would be more helpful?	Am I inspired by this thought? Does it enliven or excite me or drain me of energy?	Do I need to think this right now? Is there something more beneficial for me to focus on or to act upon?	Is this kind to me or another to think this? What would be a more compassionate thought for myself or the other?