

Sustainable Thinking

Manage your 60,000 thoughts a day — deliberately.

A subconscious-training worksheet based on Chapter 1

FROM CHAPTER 1 • PAGE 1

“Sustainable thinking is the ability to maintain consistent thought patterns that produce the highest-quality outcomes, ones that align with our goals and visions.”

— Chris Masiello

How to use this worksheet:

1. Run the autopilot audit below (5–10 minutes).
2. Write your precision affirmation and visualization — then practice daily.
3. Log your quiet minutes all week and notice what surfaces.

Where are your thoughts on repeat?

You have up to 60,000 thoughts a day — and 80 percent of them are the same as yesterday. When we run on autopilot, Chris writes, “it leaves us open to random outcomes that don’t reflect our priorities.” (p. 1)

01 Thoughts on repeat

List three thoughts that looped through your mind yesterday — welcome or not.

1. _____
2. _____
3. _____
4. _____

02 The outcome on autopilot

Pick the loudest one. What outcome does that thought keep producing in your day?

03 The root underneath

The real work, Chris says, is identifying the key experiences “ingrained in our subconscious” that are “dictating our current approach to everyday life.” (p. 2) What might be underneath your loudest loop?

Three tools. One week.

“Once you’ve identified the root, there are three steps to train your subconscious: precision affirmations, visualizations, and meditation.” (p. 2)

Your subconscious runs 95 percent of your behavior. This page is how you talk to it.

TOOL 1 — My precision affirmation: a clear, definitive statement about myself, written as if it’s already happened

“Create a message you can identify with, then embody the feeling as if it has already happened.” (p. 2)

TOOL 2 — My visualization: the change I’m mentally anchoring

Not just picturing something great — “mentally anchoring the changes you want to make that are going to bring about the goal you want to reach.” (p. 2) What do you see, feel, and do?

Where and when I’ll take my quiet minutes — attached to a routine I already have

FROM CHAPTER 1 • ON TOOL 3, MEDITATION (P. 3)

“If you even end up with one silent quiet mental minute out of those ten minutes, that can have a profound effect on your ability to act deliberately and reprogram yourself to make positive change and remove negative thoughts.”

Five to ten minutes. No judgment.

There's no competitive aspect to meditation — the point is to “quiet the constant chirping of the conscious mind” for a short time. “The juicy stuff is in our subconscious.” (p. 3)

MONDAY	Minutes of quiet today: _____ One thought I noticed — and let go: _____	QUIET? ☐
TUESDAY	Minutes of quiet today: _____ One thought I noticed — and let go: _____	QUIET? ☐
WEDNESDAY	Minutes of quiet today: _____ One thought I noticed — and let go: _____	QUIET? ☐
THURSDAY	Minutes of quiet today: _____ One thought I noticed — and let go: _____	QUIET? ☐
FRIDAY	Minutes of quiet today: _____ One thought I noticed — and let go: _____	QUIET? ☐
SATURDAY	Minutes of quiet today: _____ One thought I noticed — and let go: _____	QUIET? ☐
SUNDAY	Minutes of quiet today: _____ One thought I noticed — and let go: _____	QUIET? ☐

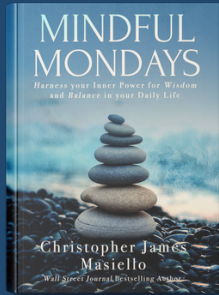
THIS WEEK'S CHARGE

Make the conscious effort to manage your 60,000 thoughts. Align your vision with a way to behave that moves you toward your goals.

KEEP GROWING

This is Chapter 1. There are 51 more.

Each chapter of Mindful Mondays comes with a video and a practice tool like this one. Work through them at your own pace — one Monday at a time.



GET THE FULL BOOK

Mindful Mondays

Harness Your Inner Power for Wisdom and Balance in Your Daily Life

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