

Many of our TaT Members reported questioning themselves before joining,

## “I wonder if I am “good fit” for Thinking about Thinking™ (TaT)?”

To help bring about clarity to this quandary, we solicited inputs from our ‘Think about Thinking Community’ in helping to describe some basic outlooks they have on life in general. Below are the following statements that resulted; they may be used as a filter to see how well you ‘fit in’.

Which of the following statements resonate true to yourself?

- I am typically emotionally stable and in positive, rational state of mind; I have a strong desire to stay this way.
- I recognize that one of my life purposes is to affect the world in a positive way because of my existence here.
- I feel called to serve, help and protect people, life-beings and/or this planet from harm.
- I hold the belief that the past is a source of healing and learning, the present requires action and projection, and that the future is shaped by both past experiences and present choices and/or experiences.
- I am open-minded and willing to explore novel concepts or activities for improving my self-control over my own thoughts, emotions, and actions.
- I consider myself rational and yet, love entertaining my imagination to help me in problem-solving.
- I would describe myself in two or more of the following terms:
  - Creative
  - Spiritual
  - Intellectual
  - Peacemaker
  - Healer
  - Helper

When you *agree with most of the statements* above, then rest assured the Think about Thinking community is where you belong – a welcoming environment of individuals who share a similar mindset. The unique resources provided within the Think about Thinking™ services are tailored to assist you in fortifying, uplifting, and motivating yourself to achieve your life goals.

Life often presents challenges and triggering events that activate our thoughts and emotions. However, by engaging with certain aspects of TaT and each other in our Live events, we can develop emotional resilience, master emotional regulation, and avoid succumbing to despair. This, in turn, empowers us to navigate life more effectively for the collective benefit of all.