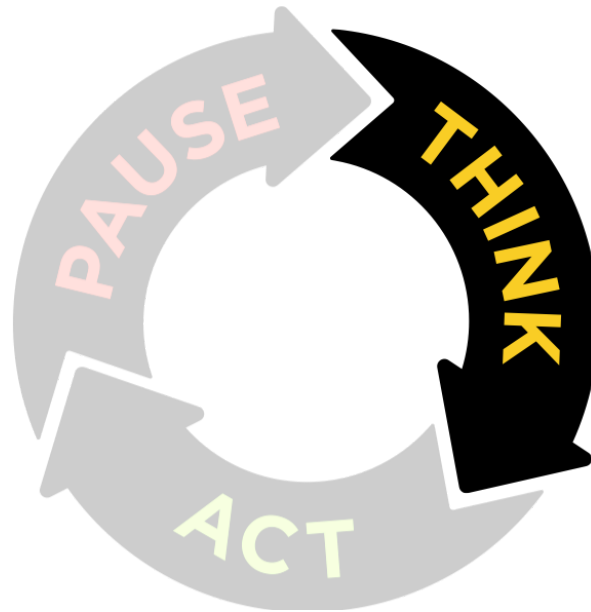


# Chapter 4: Think



## ONE-MINUTE WORKOUT

Your one-minute workout is to do the following: When you encounter an obstacle, big or small, Pause and Think. What questions can you ask to help you explore different options and create new awareness?

With the new awareness that comes from asking thoughtful questions, you have access to new actions.

Now, let's look at the final step to engage your Thoughtfully Fit core: Act.

## REPLAY

Think is:

- Asking thoughtful questions
- Taking time to reflect
- Creating new awareness
- Exploring different choices

Think is not:

- Getting bogged down in analysis
- Paralysis
- Ruminating
- Coming up with plans A and B, but not also C, D, E, and F