

10 – 30
Minute
Activity For
Everyone

The Power of One Small Thought

As shown in the Lao Tzu quote below, a single thought has the power to shape larger aspects of your life. Understanding your thoughts and thought patterns can help you fuel positive habits and end negative ones. Based off Lao Tzu's quote, this activity will help you unpack your thoughts and deepen your understanding of self. It will also provide a space to intentionally create new thoughts that will help move you towards your goals.

Understanding the Power of My Thoughts

First, reflect and answer the questions in Series # 1. At minimum, you should answer this series of questions three times. The first time, write what comes to your mind naturally, you will be surprised at what you might learn. The second time, reflect on a thought that has turned into something positive, and the third time, a thought that has led to developing a habit or character trait that you want to change.

Taking Control of My Thoughts

Once you have completed the questions in Series # 1, move onto Series #2. These questions will guide you through creating intentional thoughts and how they can be incorporated into your life.

**Watch your THOUGHTS,
For they become WORDS.
Watch your WORDS,
For they become ACTIONS.
Watch your ACTIONS,
For they become HABITS.
Watch your HABITS,
For they become you CHARACTER.
Watch your CHARACTER,
For it becomes your DESTINY.**

Lao Tzu

QUESTIONS SERIES # 1

Understanding The Power of My Thoughts.

1. What is one thought I have had that has become something I said out loud?
2. What have I said out loud that has become an action?
3. What action have I done that has become a habit (something I do frequently)?
4. What is one habit that I have that informs my character?
5. What about my character dictates my future?

QUESTION SERIES # 2

Taking Control of My Thoughts.

1. What is one thought that I want to say out loud?
2. What action can I put to my thought?
3. How can I make this action a habit (something I do frequently)?
4. How do I want this habit to inform my character?
5. How will this part of my character help me achieve my future goals?