

The Thinking Path

Current State

I achieve/accomplish... The outcome/
result is...

I (verb)... I do... I say... I behave like...

I feel... My emotions are... My state of
mind is...

My thinking is... My beliefs/assumptions
are... My reasoning is...



Desired State

I achieve/accomplish... The outcome/
result is...

I (verb)... I do... I say... I behave like...

I feel... My emotions are... My state of
mind is...

My thinking is... My beliefs/assumptions
are... My reasoning is...

Caillet (2008), *The Thinking Path*