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Control of Your Desires
Day Six Clarifying Your
Thinking The key
insights that emerged
for me as i attempted
to take ownership of
this idea was: That
many things I desire
are actually irrational

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30 days to a smarter
and better brain: How
to rapidly improve how
you think Stop feeding

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"In their book, 30 Days to Better Thinking and Better Living Through Critical Thinking, Dr. Linda Elder and Dr. Richard Paul provide

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nothing less than a psychological GPS system for mental clarity. If you're serious about living according to your true intentions, then you must develop a capacity for critically thinking about what you think.

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Day Eleven. Think
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Think Through
Implications. All
thinking has an internal
dynamic. It leads
somewhere and, when
acted upon, has
consequences. You
can't be a critical
thinker if you are
insensitive to the many

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implications inherent in
your thinking.

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members to play 30 Days, 30 Ways... Build Your Network!! Each day a person you recruit completes a 30 Days 30 Ways task, your points double for that days task. The more individuals you convince to play, the more points you can earn for each days challenge.

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RANCH® Studies have
confirmed that we're
living longer, but the
problem is that we're
not living younger. We
can be, however, and it
all starts with our
brains—with building
resilient, agile minds
that can support and
allow us to maintain
able, vital bodies at
any stage of life.

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30 Days to a Better
You ... Day 20: Be Self
Reliant: Think of
something that you
rely on others to do -
change a tire, cook a
meal, laundry or
perhaps changing your
oil. Now seize the day
and be ...

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communicator, you
should check out 30
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each day to listen to
your thoughts and
practice putting them
into words is a solid
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refine anymore.

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