

*The world we have created is a product of our thinking... A. Einstein*

*The life I create for myself is a product of my thinking. I can improve on anything I do. This includes the way I think. If I improve the way I think, I become a more imaginative... a more creative being. When I improve the way I think, I do things differently. I do different things... I get different results. If I want things to change in my life —I have to Change the way I think... about myself, about others, about the world. When I improve the way I think, I realize how much I owe to other travelers — present ones, and also those who went before. And when I build on what I've learned, I must take care: I pass on to others too. When I improve the way I think, and look, and listen... I expand my vision. I notice more. I learn to 'see' from different points of viewing. Within some limits, I'm not upset with others' points of viewing... We see from many vantage points. From many points of viewing, I see how often I sabotage myself, block my efforts, and create more 'problems' for myself than others create for me.*

*When I improve the way I think, I see a world of interconnections and interdependence; a world of actions and reactions... many causes, many effects —and myself, a self-reflecting being in a self-reflexive world... So I keep this sobering thought alive: In this self-reflexive, interactive world, the effects of what I think, what I believe, what I fear, say, and do, have nowhere else to go... What happens in Universe stays in Universe. What I think, and say, and do, can also do to me: Pollute the air —air pollutes me.*

*When I improve the way I think, I change the way I 'look' at things: A 'problem' could become a challenge; an answer to "Why?" one of many possible explanations; a 'failure' — an opportunity to learn about myself, about others, about the world; a 'mistake' — a lesson to be learned about the world and about myself. When I change the way I think and talk about things, I change the way I feel. I realize how often I distress myself with the things I say and believe about myself. Caring about the things I tell myself, and the way I talk with others, I avoid much disagreeableness, confusions, distress, and conflicts. When I improve the way I think, I come to know that whatever I am doing, I am doing many other things at the same time. And being attentive, I recognize that "When I get what I had wished for — it usually comes with many other things I do not want, and wish I did not have".*

*If I improve the way I think, I change the way I listen and look, I become aware of patterns of change. And I 'see' a Universe of rhythms: I see my living — a complex of many rhythms. Sensitive to my changing rhythms, those of others, and the world around me, I expect change. I have different expectations. I learn to better manage change: change in myself... change in others... change in familiar situations. With conflicts... problems... stress reduced... I learn the art of Gentle Living: Gentle living with myself — And living Gently with others too. When I improve the way I think, I improve relationship with myself, and with others. I learn to learn from anyone. I learn to learn from anything. And when I find mistakes I made, instead of punishing myself —I learn to learn from my mistakes. Universe exists as my classroom: I keep an inquiring mind alert... I never ever graduate.*

*When I change the way I think, and change the way I feel, I realize there's more to others than I 'see'; more to things than what I think, how I feel, or what I say; more going on than my beliefs; more going on than what I know. Knowing that I don't know all, and that what I 'know' might not be so, keep my curious self alive. With new knowledge comes new insights: Thinking-feelings go with meanings —This determines what I do, and how I do the things I do... If things are not the words I use, nor what I think-feel, say or wish —If meanings I give are not the same as whatever I'm giving meanings to —I could now think of meanings as "semantic tools": Tools to keep refining from time to time: To see things from differing points of viewing, is to become a more creative being.*

*What I think, the way I feel, what I remember and believe, what I expect, meanings I give, opinions I have; judgments I pass, plans I make, things I wish for — I come to realize These are goings on in me. Goings on in the world outside are not the same as goings on going on in me. It matters not how much I think —I cannot think of everything. Realizing I have left out lots, I adopt a heuristic, experimental 'Let's see what happens' approach. I write my conclusions, expectations, judgments, and plans, with pencil: I do not carve them out of stone. And when things don't go the way I planned or match my expectations or what I had hoped for —I do not stay angry, hurt, disappointed, upset, distressed; I do not look for someone to blame. I seek to understand what happened, the part I played, and lessons I could learn. And I sometimes smile and tell myself: "Hmmm —Universe works that way too. You've something new to think about. You did the best with what you 'knew'. Things take their times —not our times: With information you now have... It's up to you to make new 'maps'... Leave lots of space for future changes... It's good to keep an open mind".*

*When I improve the way I think, I realize that what I think-feel and say, about someone, about something, also say a lot about me: my beliefs, what I expect, values I hold, standards I accept —and especially the way I think. When I improve the way I think, I realize that what I think, I know, believe, value, say, and do; plans I make, judgments I pass; my expectations, my frustrations, impatience, hopes and fears, depend not only on what I think, I know, but also on a great deal I do not know —and cannot know.*

*When I improve the way I think, I realize that much of what I understand; much of what I fear, believe, know, and do... all the judgments that I make, are based not only on the information I have, but also on information missed —and on a great deal of misformation. Not knowing, or understanding all about anything, or anyone —including myself, I am aware that I live a great deal of my life based on beliefs —my beliefs, and those of others. Depending so much on beliefs, I must be careful not to confuse or accept believing for knowing. I must not accept assumptions for facts; and opinions for Truths. I must take care not give more importance to 'maps' than I give to the territories mapped: I will keep reminding myself that "Words are not the thing-processes they stand for".*

*One way I can improve myself; one way I can better manage myself in situations I find new, difficult, and trying; one way I can create more satisfying relationships; one way I can improve whatever I do; one way I can learn to adjust to situations I find myself in; one way I can use my intelligences more intelligently; one way I can make better use of my times; one way I might improve my little parts of Universe, is through working to improve the way I interact with myself, and with others. I can improve myself by constantly seeking to improve the way I listen, look, interpret, understand, talk and think, about myself and others. I can improve myself, by being curious and open to a world of endless possibilities... Far from easy —but well worth the effort.*

*General Semantics provides us with many thinking tools and evaluation standards: Tools we can use to review and improve our habitual ways of thinking about ourselves... about others... about the situations we find ourselves in; about the world we live in, and much, much more.*

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