

**SST Session 4**  
January 27, 2021  
**Higher Thinking**



*I had scarcity thinking for years. To overcome my inner thinking, I took hundreds of communication courses so I could hear my scarcity thinking and take them higher. For over eleven years, I taught a course entitled “Technologies for Creating” by Robert Fritz, author of The Path of Least Resistance. In this course, I learned how to take my thoughts higher and teach others to do the same. Results were miraculous. We all moved from where we were to where we wanted to be. While I still have thoughts that are less than excellent, I can observe what I’m thinking before I speak them out loud. Within 5 seconds, I am able exchange my lower thoughts for a higher thought. It takes practice. I practice this every day... All the time! ~ **Grandma Sparky***

We all had so many similarities in this exercise on scarcity and higher thinking. Again, a beautiful thing to witness and hear the authenticity, support, and guiding empowerment from everyone.

Below are excerpts many of us found ourselves in at times in our lives that we shared and had in common. Interspersed are several topics relevant “I AM” statements and an affirmation. Please create and share yours in the chat during our upcoming sessions.

Enjoy the reflection and journey to higher thinking!

“Not smart enough. Don’t have enough money, time, or energy.”

“Not good enough, smart enough, enough money, too tired.”

**I AM good enough.**

“Not organized, fear, overwhelmed.”

“Too much going on, trying to eat the elephant. Overwhelm.”

**I AM organized, bold, and filled with joy.**

“Having enough time. But I always manage to have the time and get it done regardless!”

“Don’t have enough skills, not capable enough.”

**I AM smart enough.**

“Not good enough. Running out of time during day to do everything I want to do to make an impact. The basic stuff like checking to see if my hair is ok, do I look ok, am I talking ok, did I say the right thing, especially when I’m out in public.”

**I AM a gift to the world.**

“Repeating “I can’t do this while writing a speech because it wasn’t coming as concise as I wanted it, I caught myself took a breath and started repeating “I can do this.” and the clarity came. By catching it, checking it, and changing it. Realizing when doubting ourselves we do know what’s best.”

**I AM at ease and have all the time, money, and resources needed to produce the perfect results.**

**SHARED RESOURCES**

- Eckhart Tolle quote from podcast: “One part of waking up is to be aware of the contribution of your own mind to the suffering or unhappiness your experiencing.”
- Cognitive therapy: Catch it - Check it - Change it

**The 3 C's of Cognitive Therapy**

**C**atch  
Identify the thought that came before the emotion

**C**heck  
Reflect on how accurate and useful the thought is

**C**hange  
Change the thought to a more accurate or helpful one as needed

