

Chapter 6: Begin by Descending¹

Humility should be the goal of every person who wishes to influence others. To question what you believe about anything is the greatest act of humility.

Do you do the big brain spin when you are worried, offended or angry? The big brain spin is how you might respond when anything occurs to make you feel powerless.

You think of all the things you could have said, should have said. You think about the mistakes you have made, the things you should have done. You wake in the night and cannot sleep because you cannot stop the action in your head.

First, it should be obvious by now that you are expending your energy in an unfocused and unproductive way. You are also missing an opportunity to control your thoughts toward something that has a potential reward. Spinning never does.

The cause of spinning is always based on what you *believe* about the situation. Your biggest lever to improve your sleep and change your life for the better is first to identify, and then change the belief causing you to spin.....

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1 St. Augustine

¹ Saint Augustine