



E-TALKING
BEST
FOR YOU

The Role of Thought

Preach the Role of Thought in Life

[view](#)



INTRODUCTION

CEF Learning Goal:

Say how you feel



GETTING STARTED

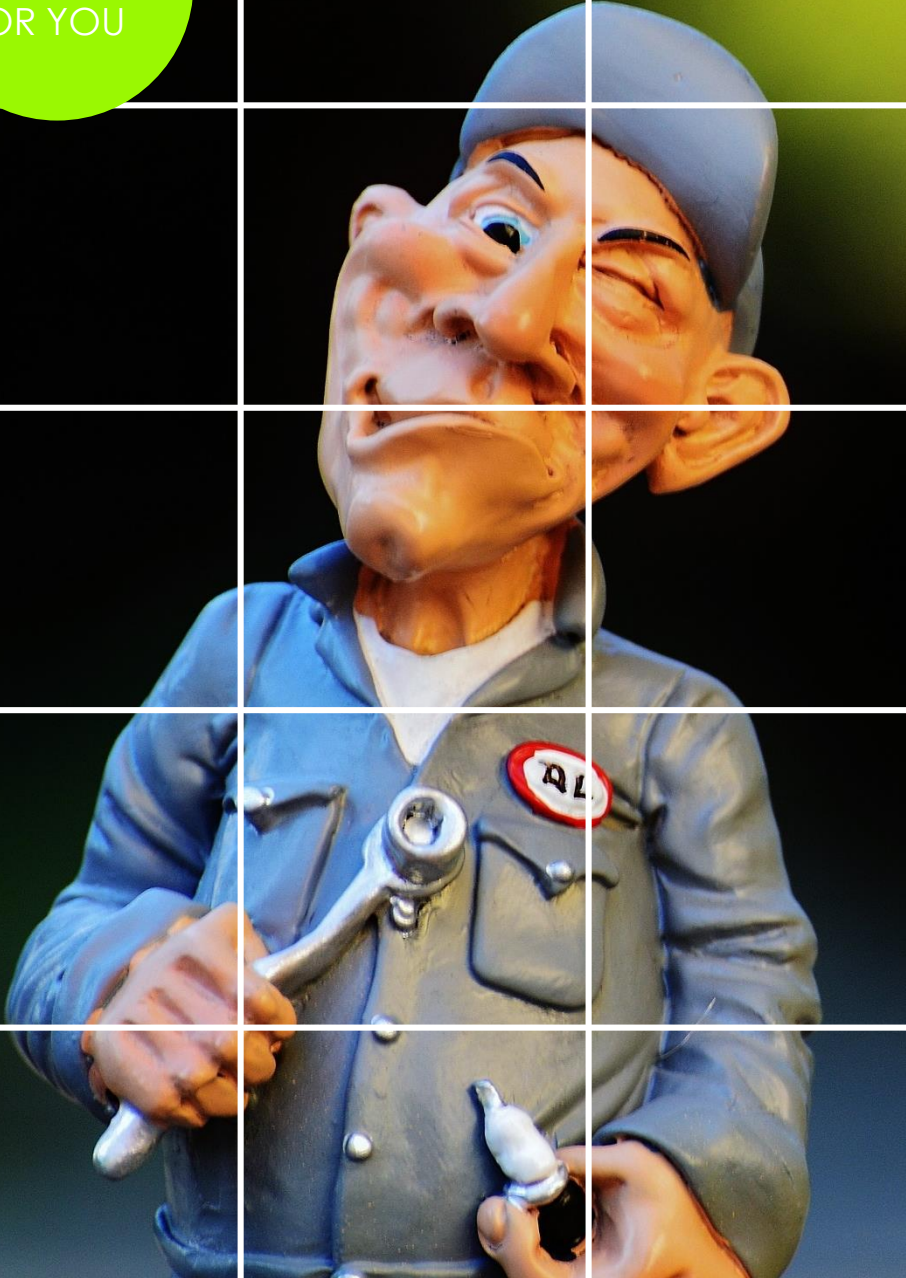
Have you ever felt tired or overwhelmed by your jobs? Why?

VOCABULARY CORNER

1. **Mechanic** (noun) A person who makes, operates or repairs machines
2. **Desperately** (adverb) Without regard to danger or safety
3. **Transform** (verb) To change something into something else
4. **Circumstance** (noun) A state that you are in
5. **Absolute** (adjective) Something that is 100 percent complete with no exceptions
6. **Achieve** (verb) To accomplish a goal



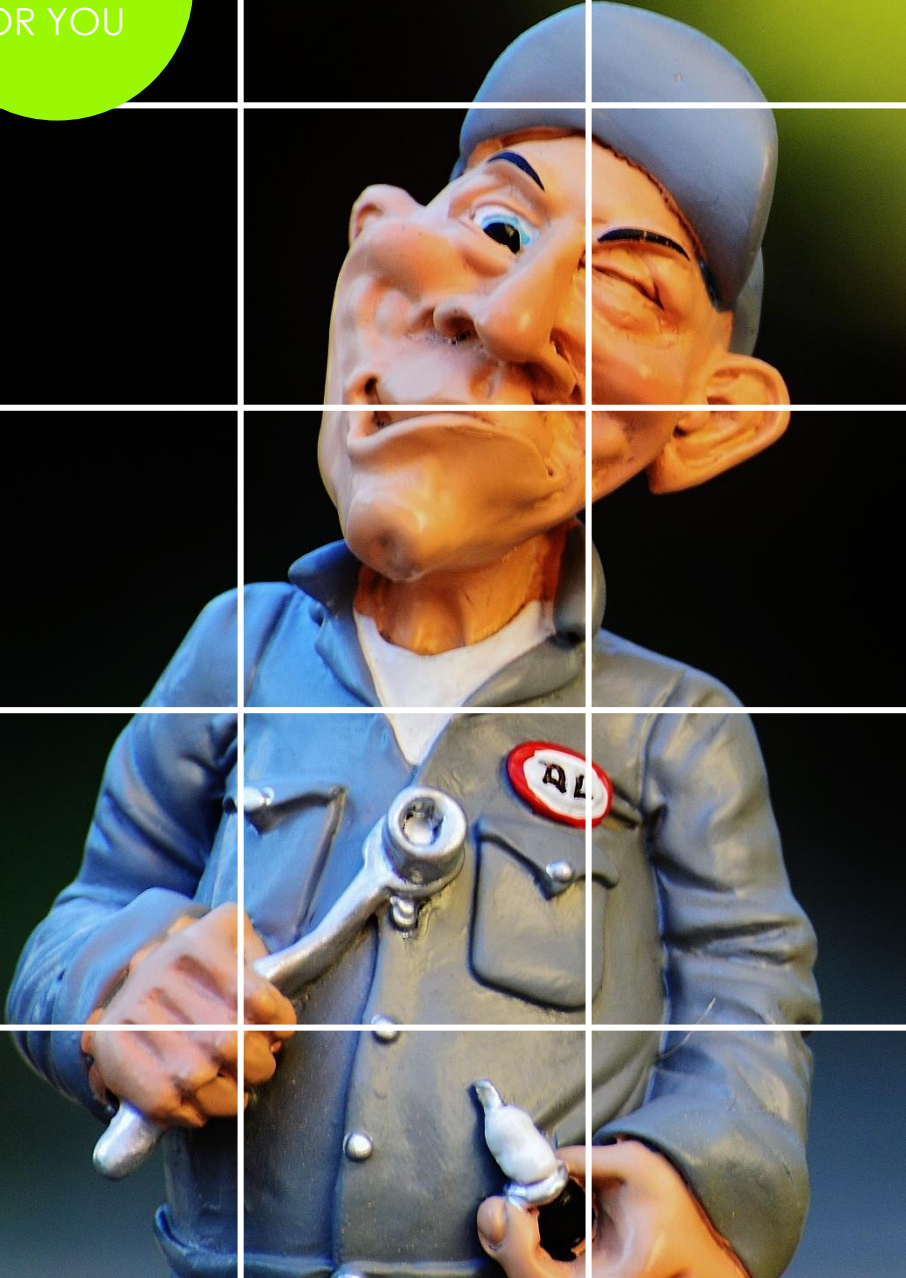
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One day, a **mechanic** in a school district approached a life coach and complained to her about his job. For the last 20 years, he had been punching a time clock and doing the same thing on his job. He **desperately** wanted a change. The coach asked him, “What is a higher purpose to your job than just turning the nuts and bolts every day?” He replied, “The higher purpose of my job is saving children’s lives every day.”

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From that day on, the mechanic was clear that his job and responsibility was so important that the time clock almost didn't matter anymore. The coach had given him a new way to think. She had put him in touch with the power of higher thought to **transform** experience. Make certain all the people you want to motivate understand the role of thought in life. It is the thought about **circumstances** that causes your feeling.



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Nothing in the world has any meaning until people give it meaning. Nothing in the workplace does either. We can make things mean anything we want them to, within reason. People don't make your employees angry; their own thoughts make them angry. People are free to think about anything they want. They have **absolute** freedom of thought. The highest IQ ever measured in any human being was **achieved** by Marilyn vos Savant. Someone once asked her what the relationship was between feeling and thinking.

A silhouette of a person jumping joyfully in a grassy field at sunset. The sun is low on the horizon, creating a bright glow and lens flare. The sky is a mix of blue and orange. A white diagonal line cuts across the top right of the image.

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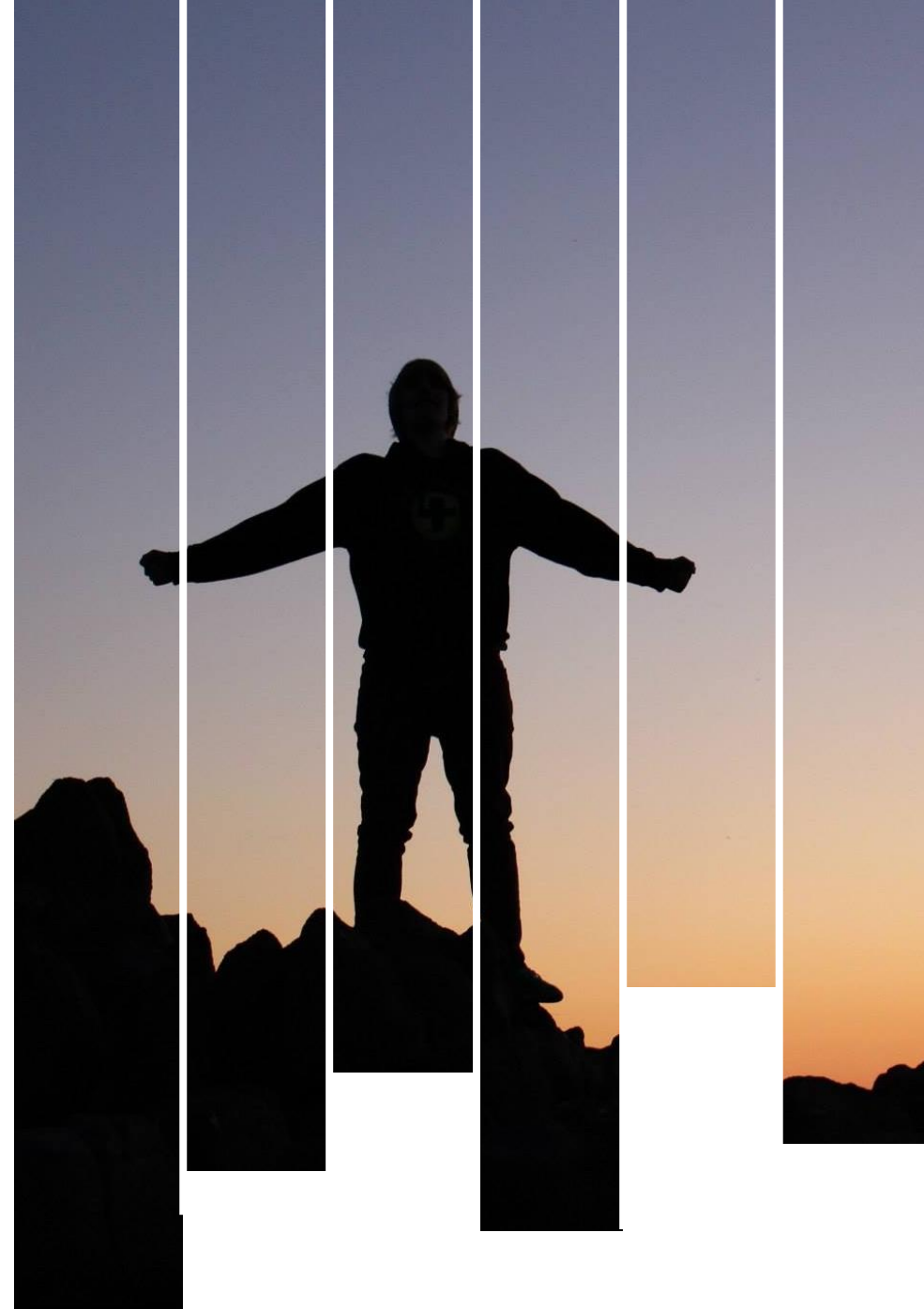
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She said, “Feeling is what you get for thinking the way you do.” People feel motivated only when they think motivated thoughts. Thought rules.

Circumstance does not rule. The closer your relationship to that truth, the better the leader you are.

Comprehension questions:

1. What does the mechanic's job involve?
2. Why is he upset about his job?
3. What is the higher purpose of his job?
4. How can thoughts affect our feelings?





DISCUSSION

1. What is the importance of seeking the higher purpose of what we do?
2. How can we not be affected by our circumstances?
3. Have you ever worked with anyone who is easily affected by external factors?



SPEAKING TASK

Imagine working with two kinds of leaders, one is positive and motivational, the other is pessimistic and always looks for something or someone to blame. Which leader would you be more willing to work for? Why?

Describe what it would be like to work for each of them?



ASSESSMENT

Complete the sentences using the vocabulary words from the reading.



Mechanic / Desperately / Transform / Circumstance / Absolute / Achieve

- 1) We need to call up a _____ to fix this truck.
- 2) She is _____ looking for someone to replace his spot.
- 3) Changing the color of a room can really _____ the feel of it.
- 4) I don't know how to deal with awkward _____.
- 5) We have _____ control over how we feel about others.
- 6) You can _____ your goals as long as you set your mind to it.

ASSESSMENT

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Thank you !

