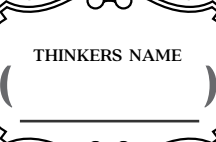


Think:

for yourself

*A pocket guide
for thoughtful living.*

BOOK 2



THINKERS NAME

PASSED TO:

PASSED TO:

PASSED TO:

MEANT TO BE SHARED

PASSED TO:

PASSED TO:

PASSED TO:

MEANT TO BE SHARED

PASSED TO:

PASSED TO:

PASSED TO:

MEANT TO BE SHARED

PASSED TO:

PASSED TO:

PASSED TO:

MEANT TO BE SHARED

You spend your entire life
with yourself.

So it matters how you speak
to yourself.

How you care for yourself.
How you forgive yourself.
How you begin again.

This little book is not about
becoming selfish.

It is about becoming steady.
Because the way you treat
yourself quietly affects
everything else.

SLOW DOWN

Most people are moving too fast.

Too fast to notice their lives.

Too fast to enjoy small moments.

Too fast to rest without guilt.

The modern world rewards speed.

But thoughtful living often requires the opposite.

A slower conversation.

A slower decision.

A slower response.

Rest is not laziness.

Reflection is productive.

Quiet matters.

*Some of the best decisions
people make happen after they
pause long enough to actually
think.*

*You do not have to rush every
part of your life.*

YOUR INNER VOICE

Pay attention to how you speak to yourself.

Many people would never speak to a friend the way they speak to themselves.

Too harsh.

Too impatient.

Too unforgiving.

Encouragement works better than punishment.

Even on yourself.

*You can be honest without
being cruel.*

*You can want to improve
without attacking who you are.*

*A thoughtful inner voice says:
Keep going. Learn from this.*

Try again.

That is not softness.

*That is strength with better
manners.*

WHAT MATTERS

It is easy to inherit someone else's definition of success.

More money.

More attention.

More approval.

More proof.

But a thoughtful life asks a better question:

What actually matters to me?

*Not everything urgent is
important.*

*Not everything impressive is
meaningful.*

Not everything popular is wise.

*When you know what matters,
decisions become clearer.*

*You begin saying no without
guilt.*

And yes with more conviction.

COMPARISON

Comparison quietly steals joy.

Someone will always have more.

Know more.

Do more.

Appear happier.

Modern life makes comparison feel unavoidable.

Especially online.

*But no one else gets your exact
life.*

Your exact mind.

Your exact relationships.

Your exact path.

*Thoughtful people stop trying
to win someone else's race.*

*And begin building a life that
actually fits them.*

TAKE CARE

Taking care of yourself is not a grand performance.

It is usually ordinary.

Sleep.

Water.

Walking.

Food that helps.

A little quiet.

A little sunlight.

*Small care repeated often
becomes stability.*

*You do not need to reinvent
your life every Monday.*

Begin with one useful thing.

Go to bed a little earlier.

Take the walk.

Drink the water.

Make the appointment.

*Keep the promise you made to
yourself.*

BEGIN AGAIN

You are allowed to begin again.

After a mistake.

After a hard season.

After disappointment.

*After becoming someone you
no longer want to be.*

*Growth rarely arrives all at
once.*

Usually, it comes quietly.

A better life is built in returns.

Return to what matters.

Return to your values.

Return to your health.

Return to your people.

Return to yourself.

Then keep going.

JOIN US

THNK: movement

*A quiet movement
for more thoughtful living.*

More listening.

More curiosity.

More understanding.

Join Us at ThnkLabs.com

A movement starts small.

One person.

One conversation.

One thoughtful act at a time.

Thoughtful things spread.

*The world does not need more
noise.*

*It needs more thoughtful
people.*

More listening.

More patience.

More understanding.

Make ripples, not waves.

PASS IT ON.



Think:
APPROVED

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PASS IT ON.