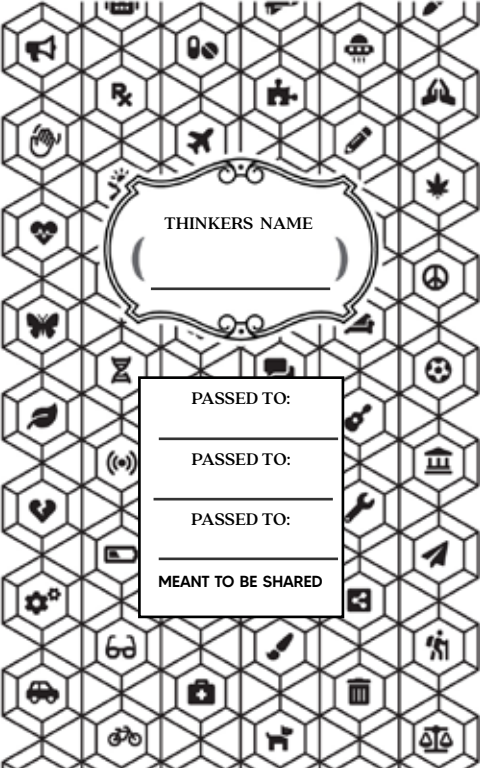


Think:

of others

*A pocket guide
for thoughtful living.*

BOOK 1



THINKERS NAME

PASSED TO:

PASSED TO:

PASSED TO:

MEANT TO BE SHARED

Most people are carrying
more than we can see.

A thoughtful word can stay
with someone for years.

So can a careless one.

This little book is about
becoming a little more
thoughtful.

Because thoughtful things
spread.

NOTICE PEOPLE

One of the simplest ways to improve the world is to make people feel seen.

Use names.

Look people in the eye.

Put your phone down when someone is speaking.

*Most people are not starving
for advice.*

They are starving for attention.

*The remarkable thing is how
little effort this takes.*

And how much it means.

THE SMALL THINGS

Never underestimate small acts.

Holding a door.

Returning a shopping cart.

Writing a thank-you note.

Asking:

*“How are you really doing?”
and waiting for the answer.*

*A thoughtful life is rarely one
giant act.*

It is hundreds of small ones.

BEFORE YOU SPEAK

Words are powerful.

*Once spoken, they are difficult
to retrieve.*

*Before reacting, especially
when emotional, ask yourself:*

Is it true?

Is it necessary?

Is it kind?

*Thoughtful people slow the
moment down.*

*That pause changes
everything.*

TRY TO UNDERSTAND

Most conflict grows from misunderstanding.

The quickest way to improve a conversation is to become curious.

Instead of trying to win, try to understand.

Thoughtful people discuss.

They do not argue.

They remain open.

They listen.

*People soften when they feel
heard.*

THE INVISIBLE PEOPLE

*Pay attention to the people
society often overlooks.*

The janitor.

The delivery driver.

*The elderly woman standing
quietly in line.*

Treat everyone with dignity.

Not because it benefits you.

Because it matters.

*Character is revealed most
clearly in how we treat people
who can do nothing for us.*

MAKE RIPPLES

*Most people think changing
the world requires something
massive.*

Usually it begins much smaller.

A calm response.

A patient moment.

A kind introduction.

A second chance.

*Encouraging someone who
has almost given up.*

*Small thoughtful actions
create ripples.*

And ripples spread.

JOIN US

A movement starts small.

One person.

One conversation.

One thoughtful act at a time.

Thoughtful things spread.

Join Us at ThnkLabs.com

THNK: movement

*A quiet movement
for more thoughtful living.*

More listening.

More curiosity.

More understanding.

PASS IT ON

*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.

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PASS IT ON.