

Planning or Going in Circles?

Helps you tell useful thinking apart from the kind that only goes around again.

WHEN TO USE THIS

Use this when you have been chewing on the same thing for a while.

What have you been thinking about over and over?

Which of these are true about that thinking?

- ☐ I have been over this before
- ☐ It ends with a step I could take
- ☐ It ends up right where it started
- ☐ I feel worse after, not clearer
- ☐ I am looking for a guarantee
- ☐ I worked something out this time

If there is a plan in there, write it in a line or two.

If it is circling, what will you do instead for the next ten minutes?

Thinking that goes somewhere feels different from thinking that goes around.