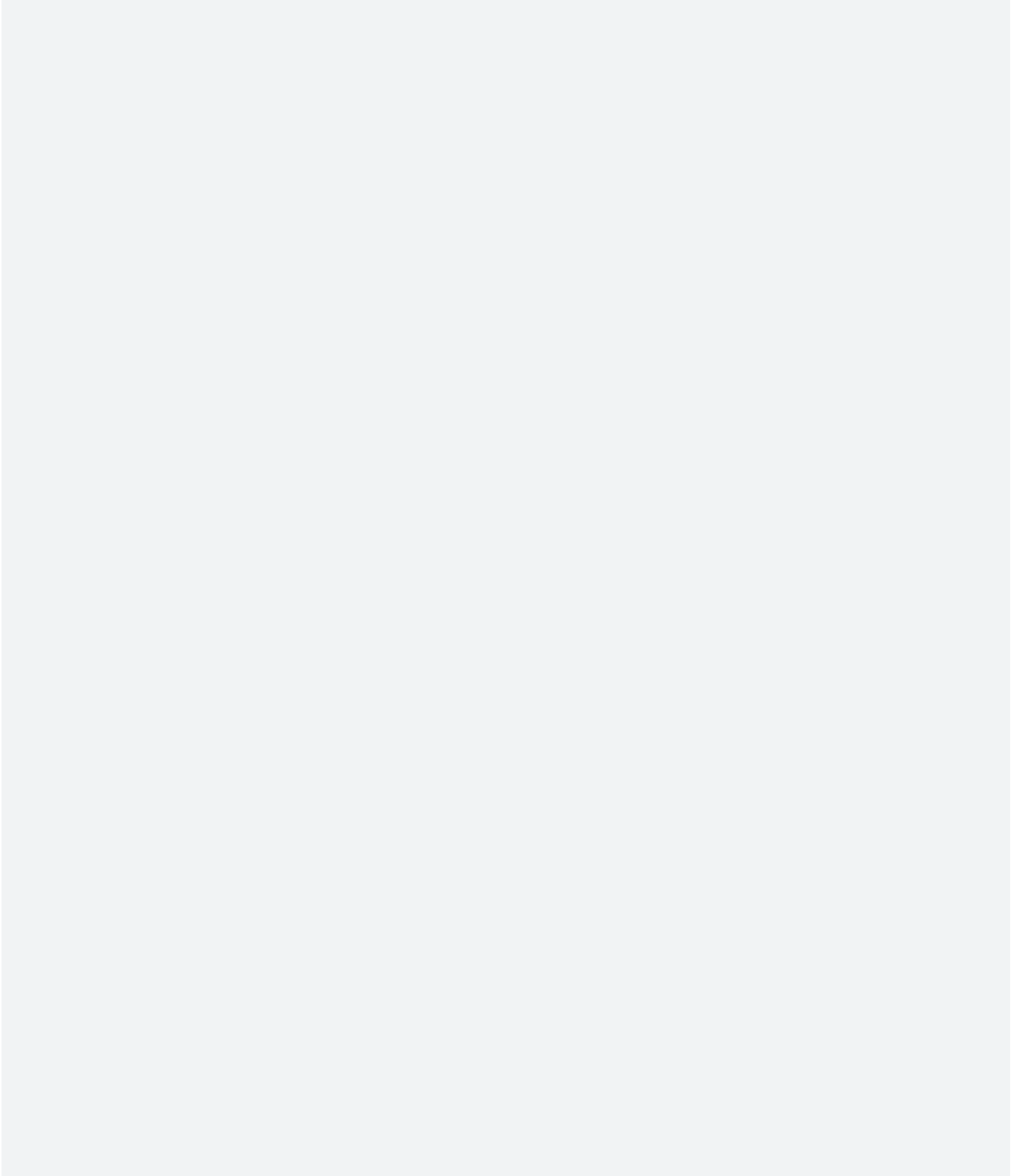

Inside My Brain

EPISODE 22

Types of Thought Downloads:

- **Journal Entry:** lay it all out in detail.
- **Free Write:** write whatever comes to mind-no punctuation, no paragraph breaks, one subject just running into the next.
- **Story/Facts Columns:** story on one side, facts on the other.
- **Topical:** pick a specific topic, write it at the top of the page, and below it write all of the thoughts you're thinking about that topic.
- **List of thoughts:** write one thought per line in list form.
- **Question/Answer:** write a question at the top of the page and then answer it in depth.
- **E.A.T:** this stands for Equal Air Time. I like to give equal air time to what's working, what's good, what's helpful, what I'm grateful for, as well as what's hard, not working, etc. Split the page in half, and write about both.

Thoughts



Natalie Brown

IT BEGINS WITH A THOUGHT COACHING