
WASTEFUL THINKING

What are the most common “drag you down, get in the way of success” thoughts?

- 1. Defeatist** Accepting, expecting, or being resigned to defeat
- 2. Cynical** Contemptuously distrustful of human nature and motives
- 3. Vindictive** Seeking revenge
- 4. Blame/ Fault** Who cares? What are we going to do now?
- 5. Wishful** Do what you can to influence the deal/ situation/ project and keep moving
- 6. Self-pity** Get over yourself... complain less... especially to yourself
- 7. Worrisome** It won't help, costs time, and can drag you down
- 8. Jealous** Want it? Earn it.
- 9. Pre-argumentative** The imaginary argument you have to prepare yourself for the argument that may never happen
- 10. Post-argumentative** The imaginary argument you have where you're quicker than you were in the actual argument
- 11. Procrastinatory** If you're going to procrastinate, you might as well do something fun instead of thinking about how bad it is that you're procrastinating... dummy