**What To Expect**

The questions soon take on a random order as they follow your answers.

Notice your mind is completely occupied with these questions and answers.

Do Active Thinking faster if other thoughts distract you.

Next Step? Turbocharge your Missions. Get into the complete practice.

**Why does A.T. make you relax?**

---

*Active Thinking* is a way to plan and finish everything quickly and well while reducing stress and anxiety. Here is your beginning—later expand your skills with the book *Active Thinking* available from Amazon.

**Start right now...**

FIRST—Think “What is my Mission?”, “What is my Next Mission?”

<Repeat for the answers to come>

NEXT—Once you have answers, Keep repeating, “What is my Mission? (Answer). What are My Next Missions (Answers).”

<Do not allow time for your mind to wander>

THEN—Add in “What is my Work?”, as you start your first Mission.

<Do not stop asking what is my Mission?, -Next Mission?>

NOW—Add in "What is my Next Work?"

<Keep your thoughts— what is my Mission?, -Next Mission?, -Work?, -Next Work?>

FINALLY—Blend in What are the Next Steps in current work?

You are now thinking on two levels.

The first is Active Thinking.

The second is work you are doing with ease.

Remember—no thoughts—just the Active Thinking.

Practice and you are charging ahead with focus and detail.

Free copies of this guide available at website.