

TRICIA ZODY  
*Another Beautiful Life*  
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

**Episode 103: How To...Super Think**

It’s difficult to find solutions to a problem, answers to a question when our emotional brain is in charge. Many times we have a need for discernment, understanding, and wisdom that comes after reading scriptures you don’t understand. Or, it might be something that resonates and you need God to speak to you personally about it. But when we’re in stress, confusion, or overwhelm, our emotional brain takes over and we find that the logic, reasoning, and sound decision making of the adult brain gets diminished. This the time we need to invite the adult brain and the Holy Spirit to help us, and Super Thinking is one way to effectively do that.

There are four steps to Super Thinking: 1) Decide how you’re going to experience your Super Thinking, 2) Formulate a very specific question, 3) Change physiology when distractions come, 4) Only write what your brain offers after 20 minutes of thinking on the question.

Let me guide you through the Super Think:

First, decide on the onset how you’re going to experience Super Thinking. If you’re looking for an amazing experience, then you’re going to see it. If you say you’re not sure you’re going to find the answers you’re looking for, then your brain is going to keep you from seeing the answers.

1) What you think the experience will be like and/or result in:

---

---

---

Next, formulate a very specific question to ask your brain to find solutions to. It’s best to concentrate on one question at a time. You will be Super Thinking on this one question for 20 minutes. Ask your brain the question expecting an answer. You might have to repeat the question to yourself several times.

2) What problem or question to you need solutions to? Be very specific.

---

---

---

3) When you get distracted throughout this process you need to change your physiology. What will you do?

---

---

