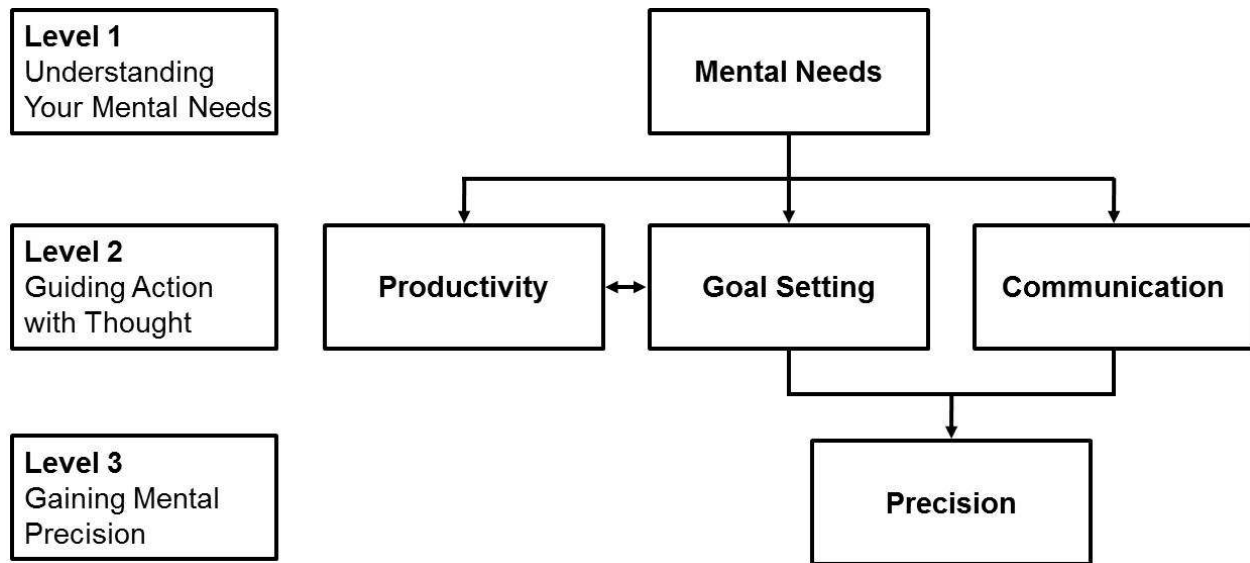


## Courses Available for Self-Study in the Thinking Lab



### Level 1: Understanding Your Mental Needs

- Multiply the Power of Thought
- Tap Your Own Brilliance
- Emotions and Values 101
- Gaining Objectivity About Emotions
- Making Thinking Tactics Second Nature
- Creating a Rationally Positive Attitude

### Level 2: Guiding Action with Thought

#### Productivity

- How to be Passionate About Your Priorities
- Evolving a Scheduling Infrastructure
- Focused but Nimble
- The Prioritization Challenge

#### Goal Setting

- Smarter Execution
- Just-in-Time Planning
- Developing a Central Purpose
- Webinars on Goal Setting

### Communication

- Introduction to Rationally Connected Conversations
- The Foundation for Rational Conversations on Emotionally-Charged Topics
- Non-Fiction Writing

### Level 3: Gaining Mental Precision

- Concretization
- Condensation
- Definitions

Read more about the  
Thinking Lab at  
[ThinkingDirections.com](http://ThinkingDirections.com)

Membership includes:

- 2 new virtual classes every month
- A virtual Q&A each month
- Library of Thinking Skills
- Optional one-on-one coaching (additional charge)

