

THE 5 LEVELS OF THINKING



1. **1st Level - Self-Centered Thinking** - The ability to think of oneself in a balanced fashion in order to be your best self for yourself and others.
2. **2nd Level - Altruistic Thinking** - The ability to shift your mindset and think of others and their needs and wants.
3. **3rd Level - Expressive Thinking** - The ability to think on the empathetic and sympathetic levels towards.
4. **4th Level - Energetic Thinking** - Thinking on the level of energy and controlling / directing it to place where it can benefit you and someone else, especially in terms of Confidence. Understanding that thoughts and words are energy and can / will become things in the real world.
5. **5th Level - Expansive Thinking** - Thinking of the end from the beginning. Thinking of the totality of a situation, not just the place where you currently are.

The 3rd level of thinking, Expressive Thinking, is where 90% of the population stops their thinking capacity; only 10% can, and do so willingly, tap into the 2 higher levels of thinking. All of us do venture into each one of these levels multiple times during the day. Even in one conversation with a person, we enter and exit several levels of thinking.