

From solving to *Learning*

Have you ever found yourself spending a lot of time “in your head”? Our minds are incredibly powerful—churning through thoughts, assumptions, scenarios, and rules constantly. Under all this mental activity, we may find ourselves feeling more and more limited, perhaps even stuck in an argument with ourselves: *What’s right, what’s wrong, and how do we know?* we might ask.

If you’re a frequent ruminator, overthinker, or self-debater, you are not alone. We all desire more coherence in how we understand ourselves and the world.

But sometimes this coherence is elusive. What if you could respond in a more open and curious way, spending less time in the mental spiral and more time using that powerful mind to create a life that reflects your aspirations?

Because life is not a problem to be solved— it’s a process to be lived.

So rather than trying to settle all of our inner arguments, we can try a new posture. We can seek to learn from life, instead of solve life itself.



Today’s journaling prompt:

Where have I noticed myself getting stuck in an internal debate? How have I tried to resolve the unresolvable?

What would it look like for me to evaluate my thoughts based on how *helpful* they are to living the life I aspire to live?

Thank you for journaling with us! Look out for more prompts on our website: startbrio.org/journal-with-us

