

## Lesson 2. Exercise 2. Einstein's Quote

### Lesson Key Message:

When we believe our stressful thoughts, we suffer!

We unconsciously replay thoughts that cause us to live a limited version of ourselves.

We never suffer life, only our thoughts about life. This lesson shows us that what we choose to think about daily will define our level of happiness and success, that we are all meant to live more than an 'OK' life.

### Exercise Instructions:

Einstein's Quote can be completed as a group discussion (if applicable) or individually.

Taking Albert Einstein's quote from the video you have just watched:

***"We cannot solve our problems with the same thinking we used when we created them."***

As an individual, or in small groups of 3 or 4 contemplate/discuss this quote and what you feel this quote means in relation to your own thoughts in Lesson 2. Exercise 1. Task 1.

Note your individual or group ideas below: