

Reflecting on Your Inner Dialogue

A 4-step exercise to understand and upgrade your inner boardroom

Did you know you'll probably have ~30,000 thoughts today? Many are on repeat. Some get us in trouble. Some bring out the best in us. The quality of these thoughts largely determines the quality of our effectiveness, our relationships, and our life.

What if you spent 1,000 thoughts here to make the other 29,000 better?

Before starting, take 5 minutes to read 'Mastering the Inner Dialogue' at sharedshards.com

"The unexamined life is not worth living."

— Socrates

"We take captive every thought to make it obedient to Christ."

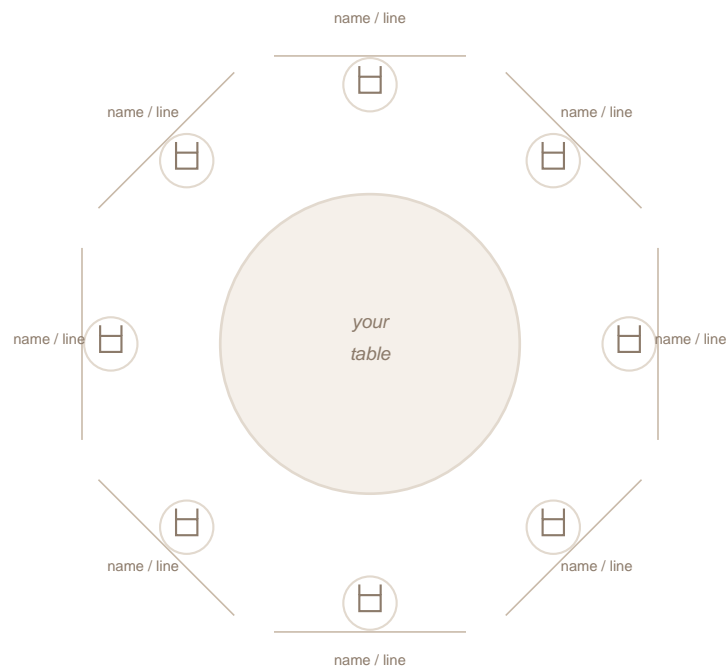
— 2 Corinthians 10:5

"Let us examine our ways and test them, and let us return to the Lord."

— Lamentations 3:40

1 WHO IS SAYING WHAT AROUND YOUR TABLE?

Name the voices in your inner boardroom. Give each one a character name and write their main "line." (e.g., "Insecure Tony" — "What will they think of me?")



2 HOW LOUD (OR QUIET) IS EACH VOICE?

Mark each voice from Step 1 with one of the letters below, then explore the questions.

- D** Voices that are Dominating your attention
- Q** Voices that are too Quiet — deserve more airtime
- C** The voice Chairing the meeting — the main leader

When you're happy...

Which voices are most active? Which fade away?

When you're tired...

Who takes over? What do they say to you?

Inner dynamics...

Do voices team up? Any that constantly fight?

Notes & Observations

Feel free to draw arrows, diagrams, or notes about your inner boardroom...

"Let us examine our ways and test them." — Lamentations 3:40

3 HOW DO WE UPGRADE THE VOICES & THE CONVERSATION?

Reflect on who's missing, who's too loud, and how you'd design your ideal inner board.

Your Ideal Board

If you could redesign your inner board, which 3 voices or people would you invite to the most prominent seats? Who's missing?

Your Four Horsemen

Which voices try to derail, distract, or shame you? How has their presence in your inner boardroom impacted your life?

Which seat, if any, is God sitting in?

Consider what it would mean to give Him the chair.

"If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."

James 1:5

4 HOW MIGHT GOD WANT TO SHAPE YOUR VOICES?

Write a prayer for your inner dialogue. What are some ways you want to see God change your table?

Your prayer...

What is God saying to you today?

*“Whatever is true, whatever is noble, whatever is right, whatever is pure,
whatever is lovely, whatever is admirable — think about such things.”*

Philippians 4:8

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