

dr. kris

Waking Up

Find your Reflective Lens 🔍

Rethink Unconsciousness

From fake-It-'til-you-make-it to agile thinking
→ From me, myself, and I to do-it-together thinking
→ From performance to meta-awareness thinking
→ From hiding to healing thinking
→ From false truth to evidence-based thinking

Tuning In

Find your Mindful Lens 🔍

Rethink Mindlessness

From deficit to strengths thinking → From one-and-done to resilient thinking → From sky-is-falling to critical thinking → From consumeristic to gratitude thinking → From happy talk to mindful thinking

Mentalligence:

A New Psychology of Thinking

Breaking Out

Find your Global Lens 🔍

Rethink Insularity

→ From groupthink to universal thinking → From binary to real thinking → From bias to solidarity → From polarized to common-ground thinking

Going Beyond

Find your Imagineering Lens 🔍

Rethink Stagnation

→ From all-or-nothing to fusion thinking → From always-on to sustainability thinking → From good student to inclusive thinking → From silo to integration thinking

Rethink your way to the Good Life.

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