

Developing Sharp Critical Thinking Skills

A Foundation for
Better Decision-Making



For Ages 16-106



Free Educational Resource

Welcome to Your Thinking Journey

You're about to learn
one of life's most
valuable skills

35,000

Decisions Every Day

That's 36 decisions
every minute you're awake

Why This Matters to You

 Better career decisions

 Stronger relationships

 Avoid costly mistakes

 See new opportunities



What Is Critical Thinking?

The ability to analyze
and evaluate information
to make better decisions

Critical Thinkers Are...



Self-aware



Fair-minded



Evidence-based



Open to change

Foundation: Universal Values

 Clarity

 Accuracy

 Relevance

 Evidence

 Fairness

 Depth

Two Essential Components



**Skills &
Knowledge**



**Commitment
to Use Them**

Both are essential!

Common Thinking Barriers

Everyone has them.
The key is recognizing
when they happen.







Barrier: Confirmation Bias

Seeing only information
that confirms what
we already believe

Barrier: Self-Serving Bias

Taking credit for success
but blaming others
for failures

Overcoming These Barriers

-  Seek opposing views
-  Pause before reacting
-  Ask better questions
-  Practice self-compassion



The 5-Step Process

A systematic approach
to better thinking
and decision-making

Step-by-Step Approach

- 1 Identify the claims
- 2 Clarify the arguments
- 3 Establish the facts
- 4 Evaluate the logic
- 5 Make the decision

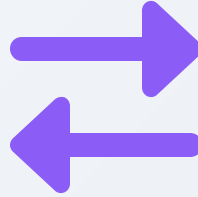
Exercise: Ladder of Inference

Examine each step
of your thought process
to avoid jumping to conclusions



Exercise: The Five Whys

Keep asking "Why?"
to uncover the
root cause of problems



Exercise: Inversion Thinking

Consider the opposite
viewpoint to strengthen
your reasoning

Building Daily Habits

 Question your assumptions

 Read diverse perspectives

 Pause before deciding

 Discuss with others

Your Next Steps



Pick one exercise to try



Practice daily for one week



Share with a friend



Keep improving!



Thank You & Keep Thinking!

Your journey to better
thinking starts now

Questions? Contact us anytime