Analytical Abilities:

* What aspects of the problem have I not considered yet?
* Have I looked at the issue from multiple angles?
* Can this problem be broken down further?
* Have I understood the primary components of the issue?
* Is there a logical sequence to my analysis?
* Have I avoided jumping to conclusions prematurely?

Observation:

* Am I fully present and engaged when observing?
* What details might I have missed at first glance?
* Are there any patterns emerging from what I observe?
* Can I recount what I observed in detail?
* Have I distinguish between observation and interpretation?
* Did I avoid letting my biases color my observation?

Research Skills:

* Have I cross-referenced my sources?
* Could there be potential biases in the information I’ve found?
* Are there other avenues or resources I haven’t explored yet?
* Are my sources reptutable and reliable?
* Is the information up to date and relevant?
* Have I considered both quantitative and qualitative data?

Communication:

* Am I actvely listening to the other party?
* Have I sought feedback on my communication style?
* Can I simplify or clarify my message further?
* Did the receiver understand my message as intended?
* Have I considered cultural and personal nuances in communication?
* Did I ensure an open channel for questions or clarifications?