

Critical Thinking and Learning Techniques

Assignment



Dear Develhoper,

Here is your next assignment.

It requires you to choose a moment in your past and immerse yourself in it. The aim is to reflect about your past experiences and reflect on how you handle difficult decisions.

Take a moment to center yourself. Breathe.

Appreciate the quiet around you.

When you are ready, feel free to proceed.



Think about your past working experiences, especially working in a team or in close collaboration with others.

Think of a situation when you had to take a difficult decision.

Maybe there was a conflict between you and another person, or between two colleagues.

Or maybe your decision would affect you and other people, and your relationship with them.



Now, go back to this moment and imagine yourself in that time and place.

- 1) What troubles you?
- 2) How do you feel? What emotions are strongest?
- 3) Think about how you acted. In retrospect, what are you proud of?
- 4) What would you do differently?



Your answers are for your eyes only. This helps you to reflect on past decisions and appreciate how a tough choice helped you grow and learn from your own experience.

As always, you are free to share your thoughts in our next session.

You may also ask the group for some advice on how others may act in a similar situation.



Enjoy the journey!