Benefits of critical thinking

* Improves decision making
* Helps in solving problems
* Refines your creativity
* Think more creatively
* Increases self reflection
* Encourages open mindedness
* Helps to avoid making foolish personal decisions
* Understanding arguments and beliefs of others
* Develop and defend one's own arguments and beliefs
* Better analyze information and draw appropriate conclusions
* Find multiple solutions to problems
* Anticipating problems and preventing them before they arise
* Helps avoid unconscious biases
* You can learn from your mistakes
* Increases productivity in a group environment
* Boosts self esteem