

Checking Your Assumptions

Why you should avoid making assumptions

- **They stop you from taking responsibility for your life.** Assumptions allow you to hide behind your version of the story and not the facts.
- **They stunt your growth and development.** People typically form assumptions about things that they have never tried before. If you dismiss ideas before learning about them or trying them out for yourself, you will miss out on a lot.
- **They hinder your creativity assumptions.** When you make assumptions, you place limits on your imagination and actions, leading you to repackage existing ideas, while remaining in your comfort zone.
- **They keep you stuck in the past.** Assumptions rely on old information to fill in blanks and connect dots in the present.
- **It's lazy behavior.** Instead of engaging to learn more, you jump to conclusions.
- **They foster a negative mindset.** Most assumptions are derived from old, painful information, which can reinforce any old negative bias you are holding on to.
- **They become a bad habit.** The more you make assumptions, the easier it is to continue making them while creating complacency within your life.
- **They're an easy out.** The path of least resistance is also the path of least growth.
- **They cause misunderstandings within relationships.** First impressions count, so does getting to know another person. Unless you make the effort and suspend your assumptions, you risk not ever knowing that person.