

Creating a Critical Thinking Practice

Instructions

Each day of the week pose one question to yourself to practice critical thinking. As you ask the daily question, choose any topic or idea to think about, such as decisions at work, medical decisions, societal debates, or ideas being talked about.

Example

Day of the week:	Type of question:	Your question (write it below):
Monday	Purpose	What am I trying to accomplish or decide this week?
Tuesday	Information	What's the best source of information for what I need to accomplish or decide?
Wednesday	Question	What might I be failing to ask?
Thursday	Perspective	How is my perspective different from someone who actually agrees with me?
Friday	Assumption	What am I failing to consider?
Saturday	Concept	How can I better clarify an idea or belief I have?
Sunday	Conclusion	How can I find evidence that supports a different conclusion than the one I believe?

Developing a Critical Thinking Mindset

with Becki Saltzman



Practice

Week of: _____

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Wednesday	Question	
Thursday	Perspective	
Friday	Assumption	
Saturday	Concept	
Sunday	Conclusion	

Week of: _____

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