

# Multilingual Mind — One■Pager

Ninox Antolihao • First Edition 2025

## Why it matters

Each language highlights different features of reality. Switching languages can reframe problems, reduce bias, and unlock new options.

**Daily drills (5–7 mins)** Label your current mood in two languages. Re■explain a problem using different verbs and metaphors. Summarize a decision in one sentence per language. **Playbook Cold reasoning** — Use a non■native language for high■stakes choices to reduce emotional noise. **Warm connection** — Use your native language for empathy and team energy. **Creativity sprints** — Diverge in Filipino/Cebuano, converge in English. **Bias breaker** — Translate the same claim across languages to surface assumptions.