



GREAT TRAITS

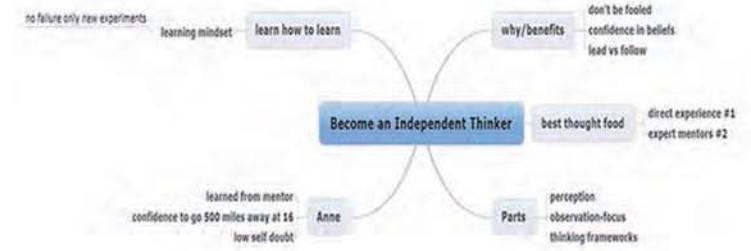
Independent Thinking

Quick Reference & Action worksheet

a print-ready dwnloadable copy of this worksheet is available at www.theglorygirl.com/herohacks

Name: _____

Date: _____



0: Orientation

Questions for you.

Are you currently independent thinker?

When was the last time you changed a deeply held belief? What did it feel like?

What sources do your friends rely on to determine their beliefs and opinions?

Who is the most independent, original thinker you know?

What makes that person an original?

Think for a moment of the way you have learned what you know.

Part 2: Ranking Yourself Currently as an Independent Thinker.

Rating (1-10)

I am willing to acknowledge my mistakes.
 My closest friends would agree that I'm willing to acknowledge my mistakes.
 I learn from my mistakes and rarely make the same one twice.
 I question "conventional wisdom" and authority.
 When a celebrity I admire endorses a product, I am more likely to buy it.
 I can articulate my most fundamental beliefs and the reasons I hold them.
 I have changed a deeply held belief because of practical experience.
 I persevere in the face of obstacles.
 I view adversity as an opportunity for growth.
 I am not superstitious.

| 1 low/no | high/yes 10 | |
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| | | Total: |

Scoring: Total Points

'01-25' = you are currently a sheep. Time to start thinking for yourself. Don't leave home without a friend.

'26-49' = "normal", start rethinking your assumptions.

'50-74' = on your way, stick to the process.

'75-100' = Anne level, you may not even need this worksheet, but you may have already started thinking that by now.

1: Perceiving

Consider Your Biases, Answer these Questions:

What are the most influential experiences of your life? Take 15 minutes to come up with a list of at least 5, along with a one-sentence summary of what you learned from each experience

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



Review this list: What is the single most influential experience of your life?
 How has this experience colored your attitudes and perceptions?
 Then, can you rethink some of the conclusions drawn at the time?

Reconsider Your Sources of Information

Try the following for the next 5 days & record your results at the end. (See text before this section for more information)

1. Disconnect from sources of conventional thinking
2. Immerse yourself in experiences that conflict with your current perspective for 5 days.
3. Watch the process from a distance.
4. Randomize your sensory inputs.
5. Practice disbelief.

Cognitive Biases

Try the following for the next 5 days & record your results at the end. (See text before this section for more information)

1. Disconnect from sources of conventional thinking
2. Immerse yourself in experiences that conflict with your current perspective for 5 days.
3. Watch the process from a distance.
4. Randomize your sensory inputs.
5. Practice disbelief.