

7 STYLES OF THINKING

(Activate your full brainpower)

Critical Thinking

Question everything.

Don't take information at face value - ask questions and verify facts.

Boost: Every day, check news and opinions for evidence and logical arguments

Analytical Thinking

Break it down.

Break complex problems into parts and find causes and patterns.

Boost: Use diagrams and process maps, solve logical problems.

Concrete Thinking

Focus on facts

Focus on practical steps, details and

Boost: Keep task lists with clear actions and deadlines track results.

Abstract Thinking

Think beyond facts.

Think ideas and generalizations, not just facts.

Boost: Look for metaphors and patterns compare different situations

Creative Thinking

Innovate boldly.

Generate new ideas and try unconventional solutions.

Boost: Run brainstorming sessions, use SCAMPER and mind-mapping techniques.

Convergent Thinking

Find the best answer.

Choose the best solution
from many options.

Boost: Weigh pros and cons, make
decisions based on logic.

Divergent Thinking

Explore all options,

Generate as many ideas as possible without limits.

Boost: Use free writing associations, and visual idea maps