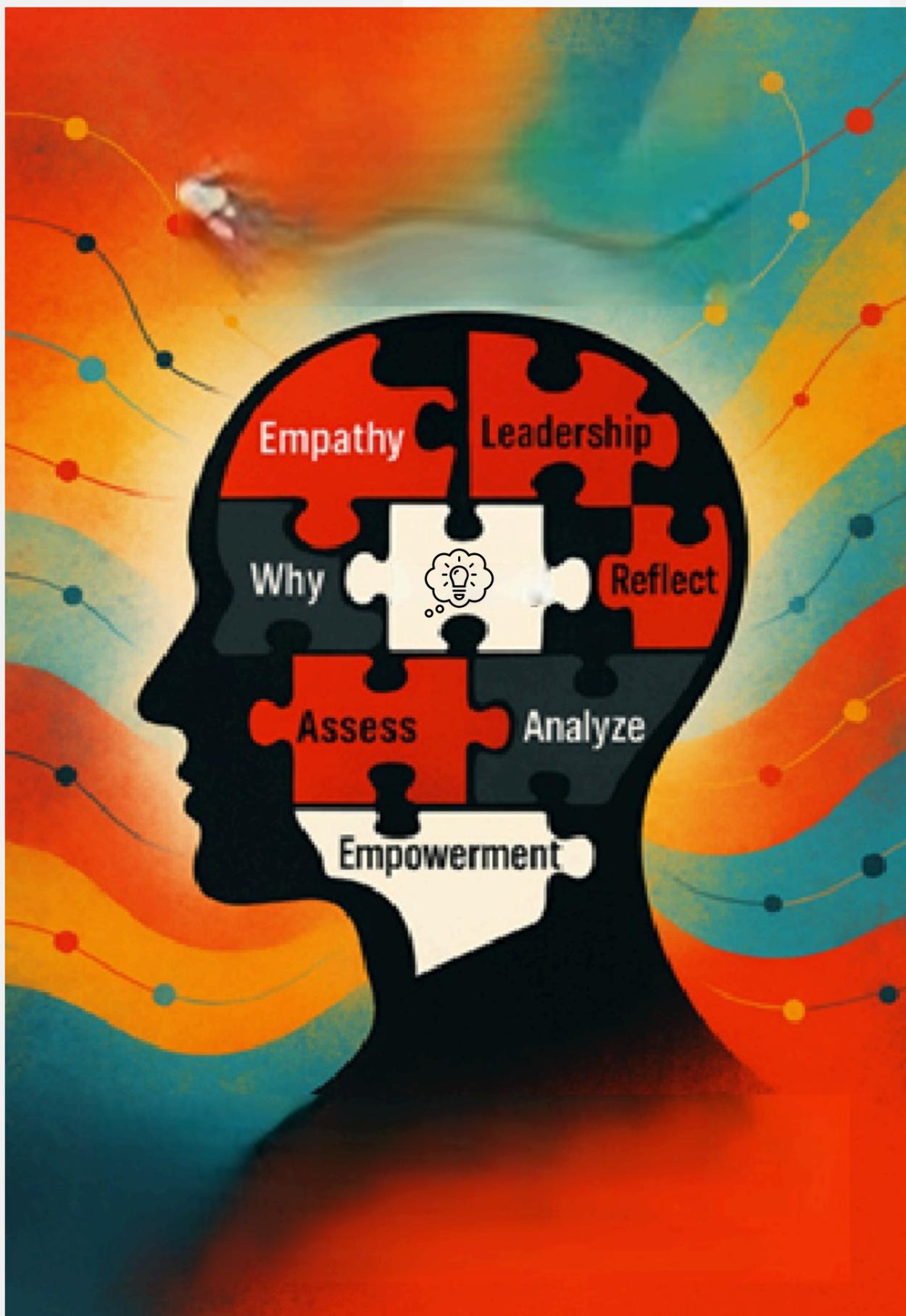


9 WAYS TO BUILD

CRITICAL THINKING SKILLS



Critical thinking is the ability to think clearly and rationally, understanding the logical connection between ideas.

Developing strong critical thinking skills is essential for personal and professional growth, AND it's a deliberate and ongoing process.

Apply these 9 principles to build stronger critical thinking skills.

Coach Rekha



Foundation & Culture



1 CURIOSITY: The Catalyst for Critical Thinking

→ *Develop a curious mindset. Ask questions and seek to understand the "why" behind things. Curiosity drives exploration and deeper understanding.*

2 QUESTION ASSUMPTIONS: Challenge the Status Quo

→ *After you gain an understanding of the current state, question if the common or accepted way of thinking is the best approach and consider alternative viewpoints.*

3 COLLABORATION: Seek diverse perspectives

→ *Share your thinking with others to broaden your understanding. Discussing ideas with people from different backgrounds can provide new perspectives and challenge your assumptions.*



Execution & Performance



4 **ACCOUNTABILITY:** Take responsibility for your thinking

→ *Own your thought processes and decisions. Reflect on your reasoning and be willing to adjust your approach based on new information.*

5 **CONTINUOUS LEARNING:** Stay curious & adaptable

→ *Embrace a growth mindset. Continuously seek out new information and be open to learning from various sources, including expert guidance, relevant courses, and experiences.*

6 **EFFECTIVE COMMUNICATION:** Articulate your thoughts clearly

→ *Practice expressing your ideas and reasoning with others. Clear communication helps you refine your thinking and validates that others understand your perspective.*



Leadership & Growth



7 SELF-LEADERSHIP: Guide your own development

→ *Set a personal critical thinking SMART goal and create a plan for continuous improvement. Share the goal with a mentor to ensure accountability and feedback on refining your approach.*

8 RESILIENCE: Embrace challenges and learn from them

→ *Don't give up if a decision doesn't go your way. Adapt and persevere through difficulties to become more resilient.*

9 REFLECTION: Learn from your experiences.

→ *Regularly reflect on your thought processes and decisions. What went well and what could you do better? Analyzing past experiences helps identify patterns, understand mistakes, and improve future decision-making.*



Share your Thoughts



I find CURIOSITY is foundational to building critical thinking skills. A curious mindset drives exploration, questioning, and deeper understanding.

Which of these principles do you find most important and why?





I drive continuous leadership growth, guiding individuals through every stage of their career journey.

Let's connect on your personal career goals.

Rekha Jillella

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