



CLEAR THINKING TODAY

Foundations of PMQ Thinking – Unit 1



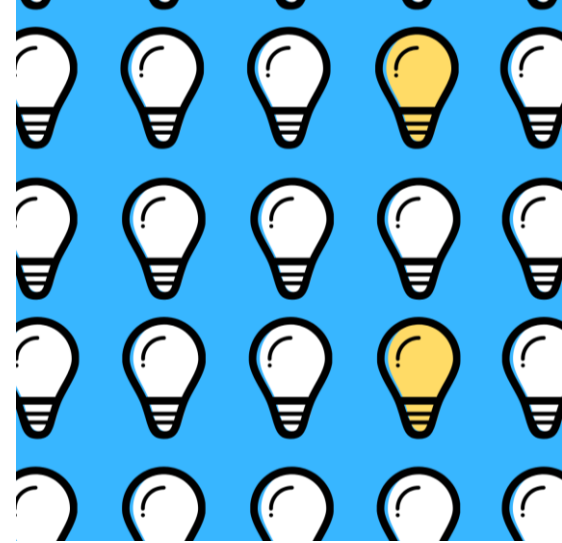
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INTRODUCTION

“Despite evidence to the contrary, we all use our brains. But most of us have never learned how to think effectively. I’m not talking about IQ or other measures of intelligence, which matter in their own way, of course. I’m talking about thinking as a learned skill. We don’t teach thinking in schools, and you can see the results of that nearly every day.” - Scott Adams (*Creator of Dilbert*)

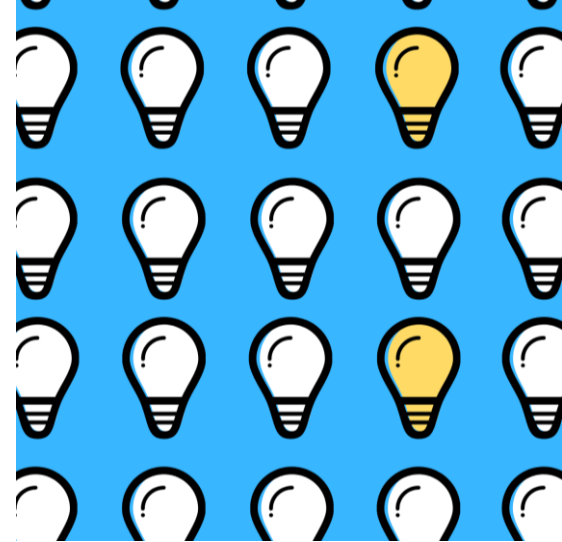


Do you want to...



- Make better, more sustainable decisions?
- Communicate more effectively?
- Resiliently respond to shifting circumstances?
- Command more respect from others?
- Lead a more calm and mindful life?

Unit 1 Objectives



1. Create awareness of the value of clear thinking
2. Promote the understanding of the fundamental clear-thinking components (Plus, Minus, Questions)
3. Lay the foundation for crafting useful PMQ charts (Plus, Minus, Questions)



Agenda



Agenda

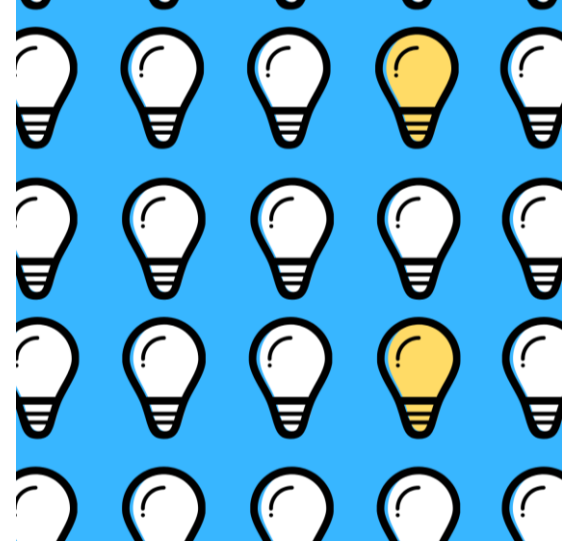
1. What is clear thinking?
2. Why is clear thinking difficult?
3. What is the remedy?
4. Why is PMQ thinking challenging?
5. How can I become a clearer thinker?
6. Discussion questions



1. What is clear thinking?

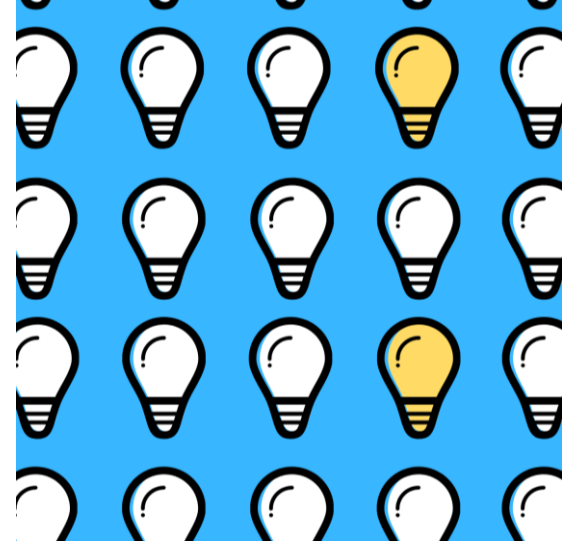
Plus

Minus



- **Rule 1:** Every situation, proposal, perspective or idea has upsides (plusses), downsides (minuses), and unknowns (questions)
- **Rule 2:** Most people fail to clearly identify all the relevant upsides, downsides, and unknowns
- **Rule 3:** If you can't identify the plusses, minuses, and questions, then see rule #1 and try again

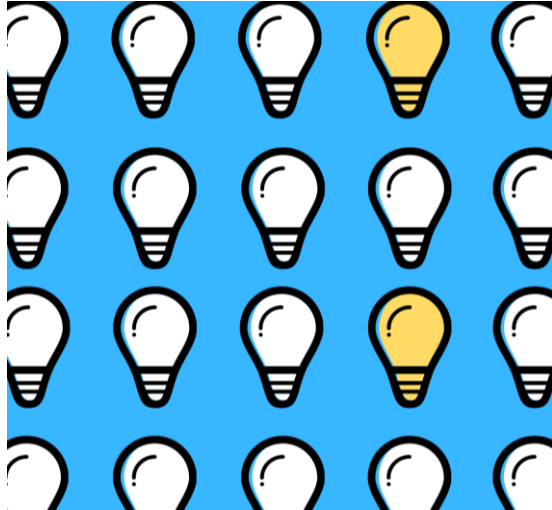
2. Why is clear thinking difficult?



Because you have to...

- fight inertia
- resist emotional impulses
- often defy crowd-based sentiments
- fight mental clutter

**What does
this image
imply?**

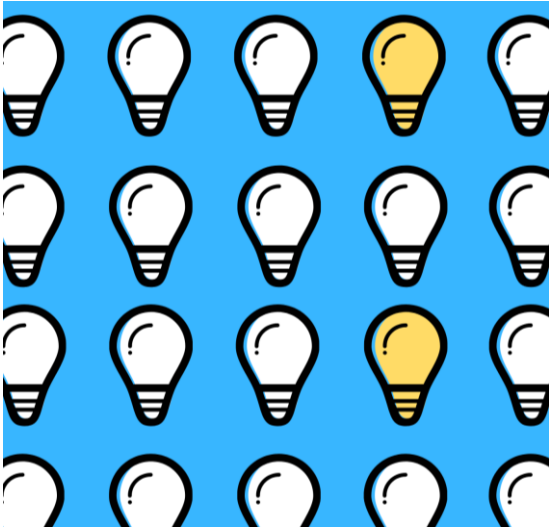


What is nonsense? Hype?

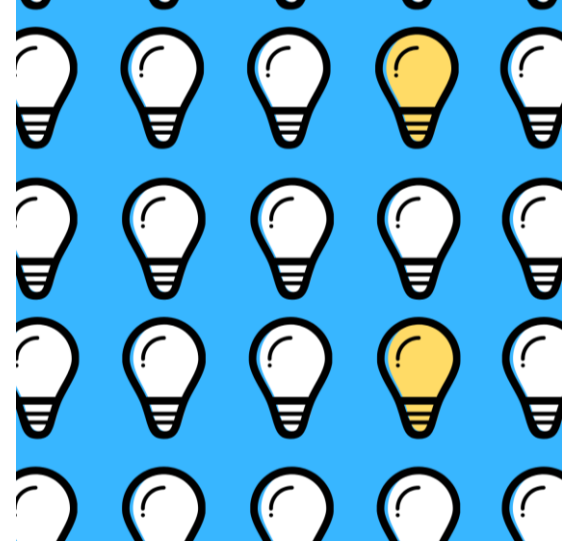
Check out these videos:

[Nonsense](#)

[Hype](#)



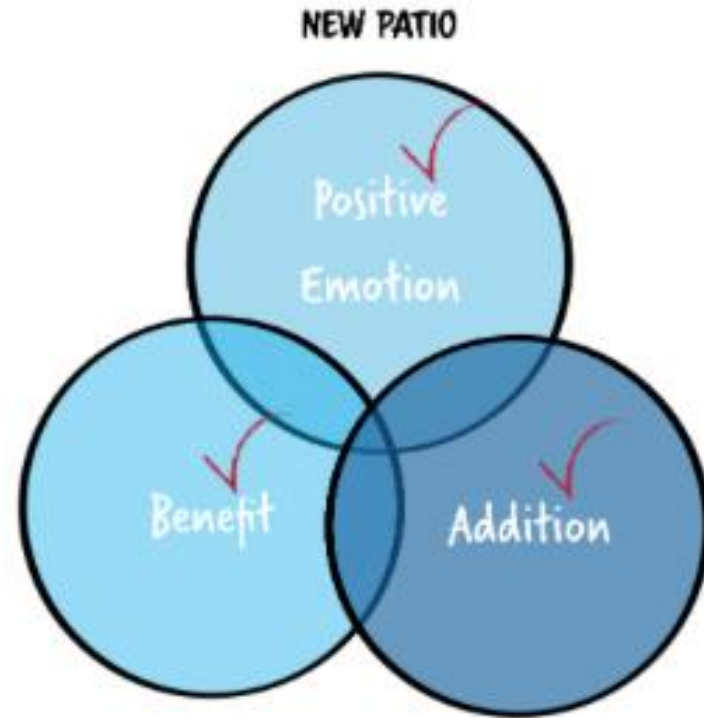
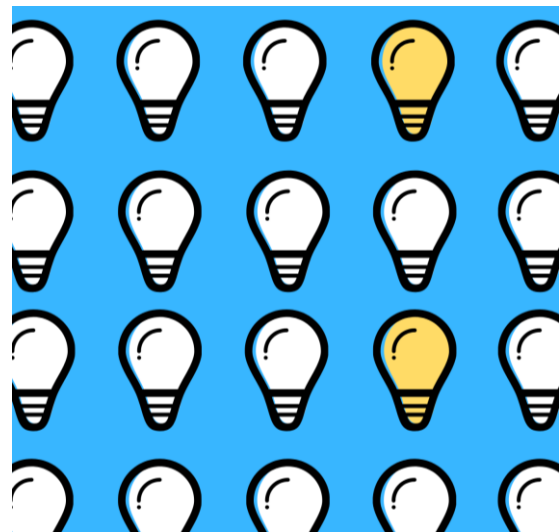
3. What is the remedy?



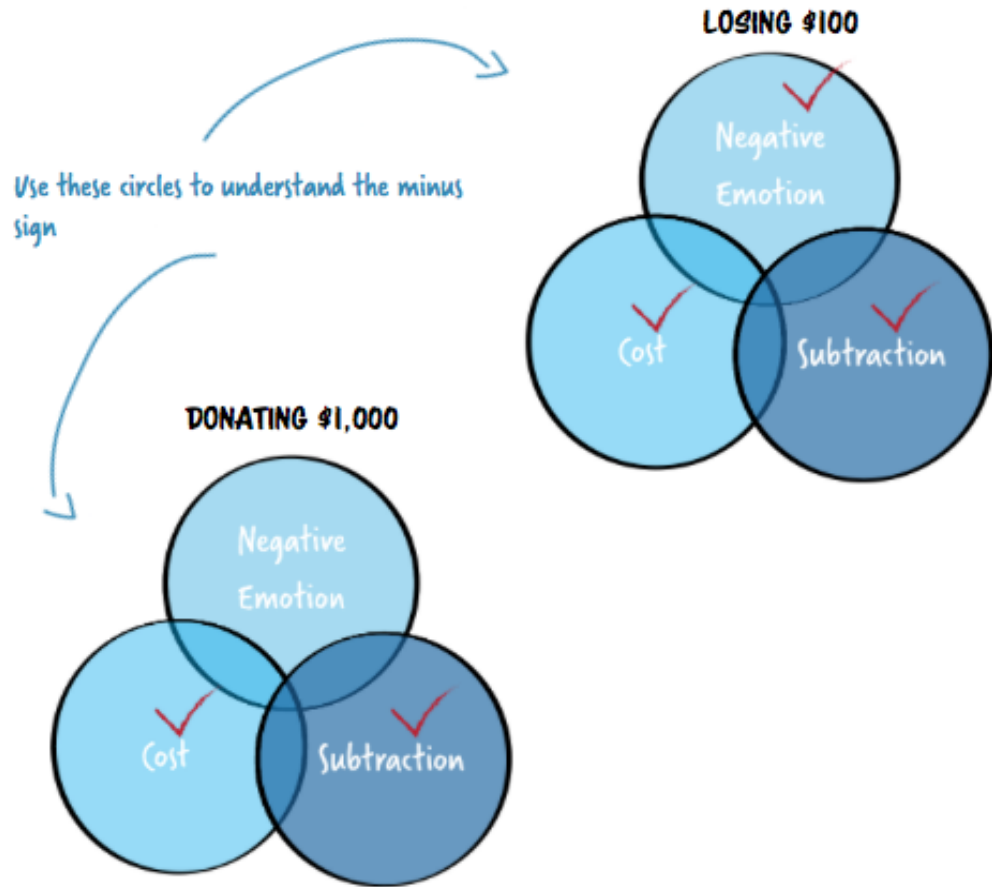
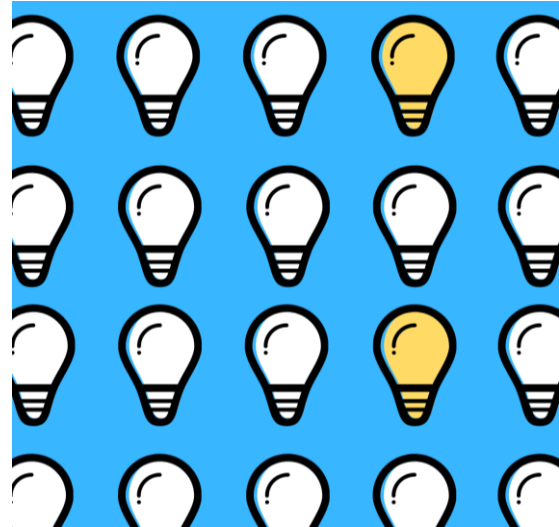
PMQ Thinking

- Plus
- Minus
- Questions

Plus example



Minus example



PMQ Thinking: The Fundamentals



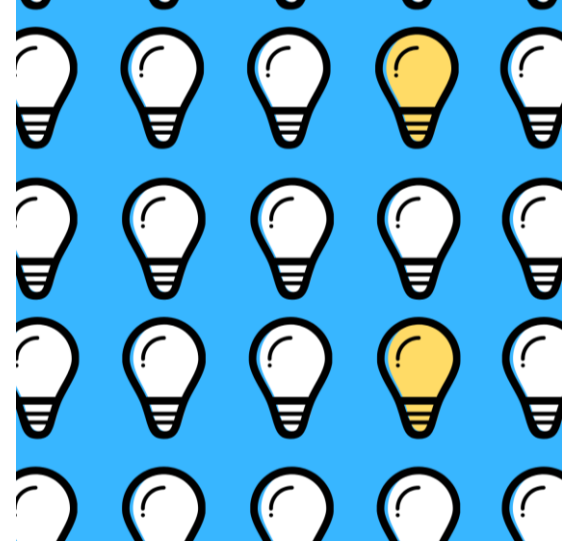
[Click for Video](#)

Sample PMQ Chart

Table 2.1 Aspen, Colorado Vacation PMQ List	
Plus	Minus
Opportunity to: <ul style="list-style-type: none">• relax, enjoy• recharge mentally• bond with family• re-connect with nature	Will: <ul style="list-style-type: none">• be expensive• miss work and have to catch up after• be in unfamiliar lodging facilities• take time to acclimate to altitude
Questions	
<ul style="list-style-type: none">• Will I meet new people who could enhance my life?• Will the weather be cooperative?• Will family members get in an argument?	



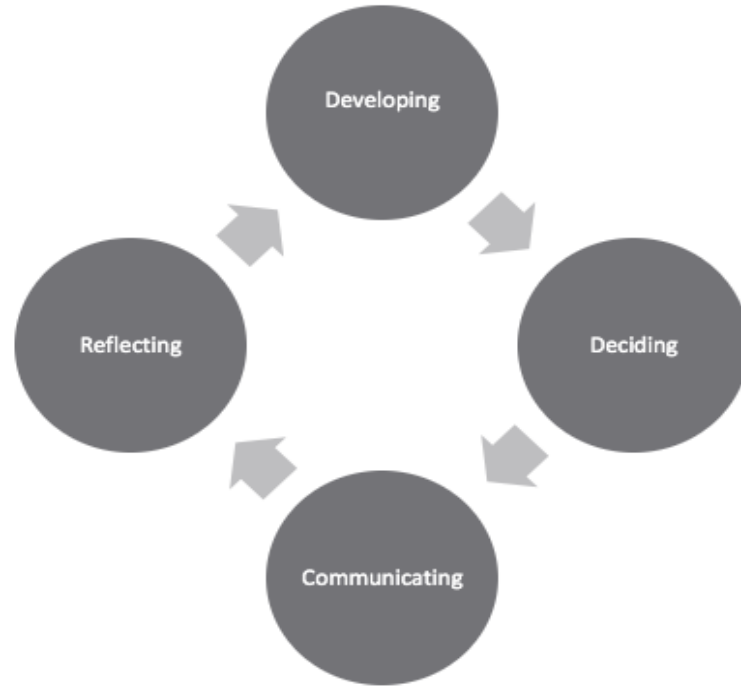
4. Why is PMQ thinking challenging?



- Most ideas, decisions and perspectives are not inherently positive or negative
- Your plusses, minuses and questions can swap positions
- Your plusses, minuses and questions emerge and evolve
- Your plusses, minuses, and question marks are not created equal

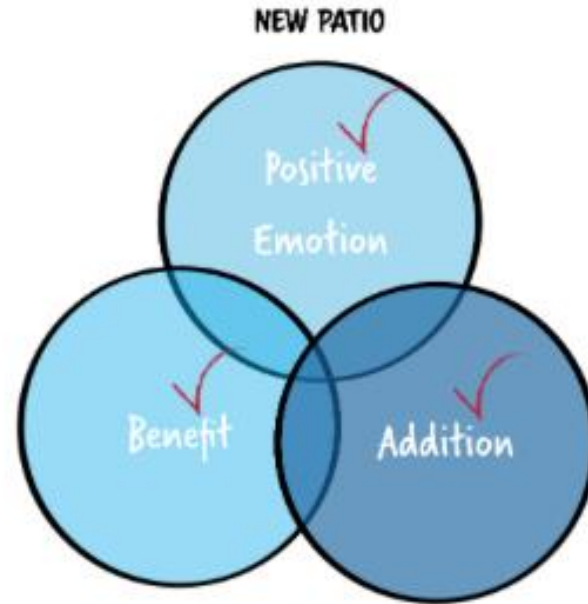
5. How can I become a clearer thinker

Clear
Thinking
Hacks

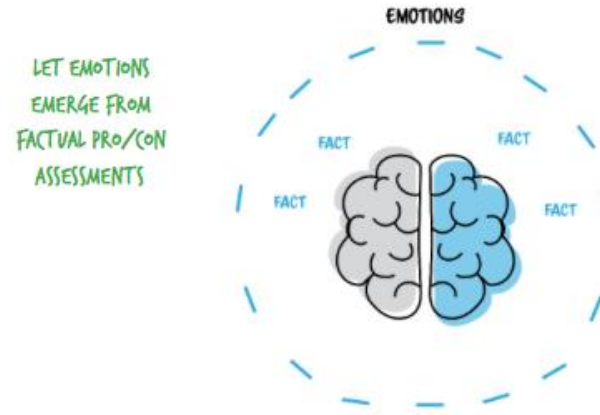
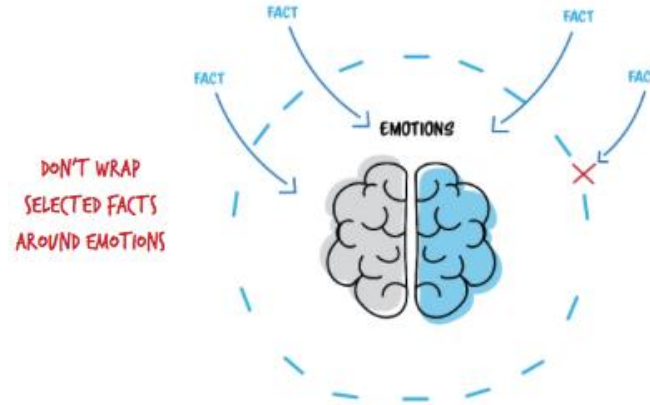


6. Discussion questions

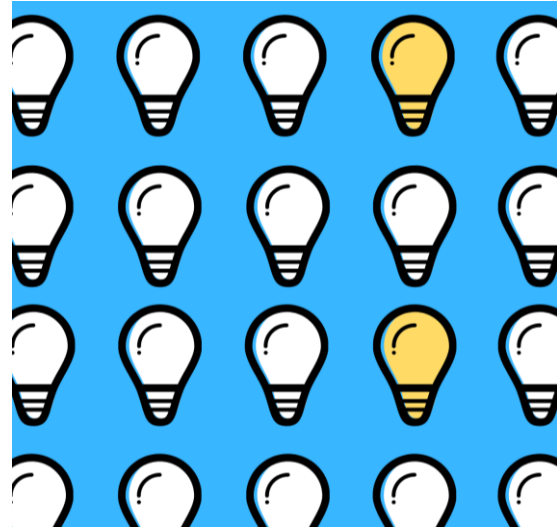
a. For something to be a "positive," do you need a check in every circle?



b. What do these images suggest about PMQ Thinking?



**c. Which image
best
symbolizes a
clear thinker?
Why?**





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