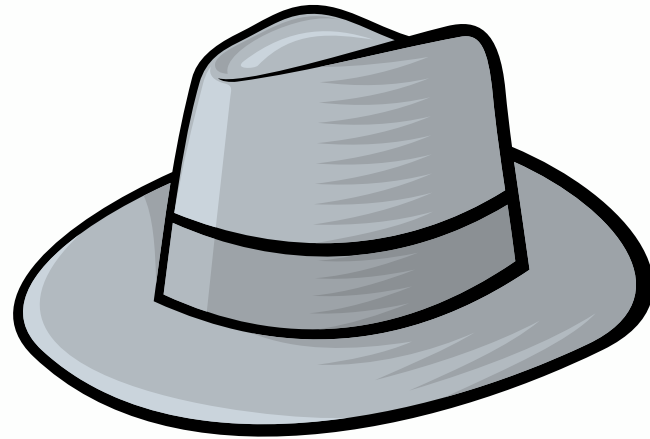


Six Thinking Hats



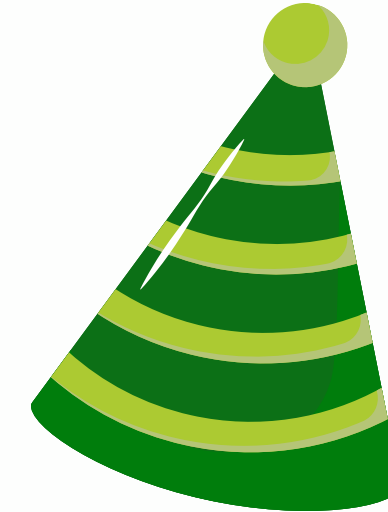
Data, Facts, Info

What do we know?
What do we need to find out?



Feelings, Reactions, Vibes

How do we feel?
What's our gut reaction?



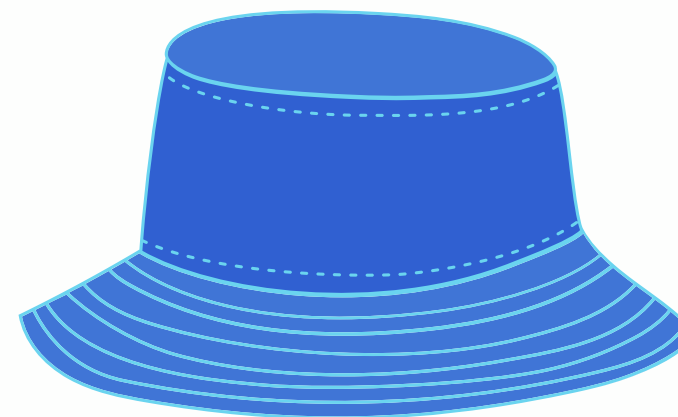
Creativity, Surprise, Ideas

What are some alternatives?
How can we think out of the box?



Caution, Skepticism, Risks

What are the drawbacks?
What's the worst case scenario?



Manages the Process

How will we think about this?
Who will facilitate, take notes, etc.?

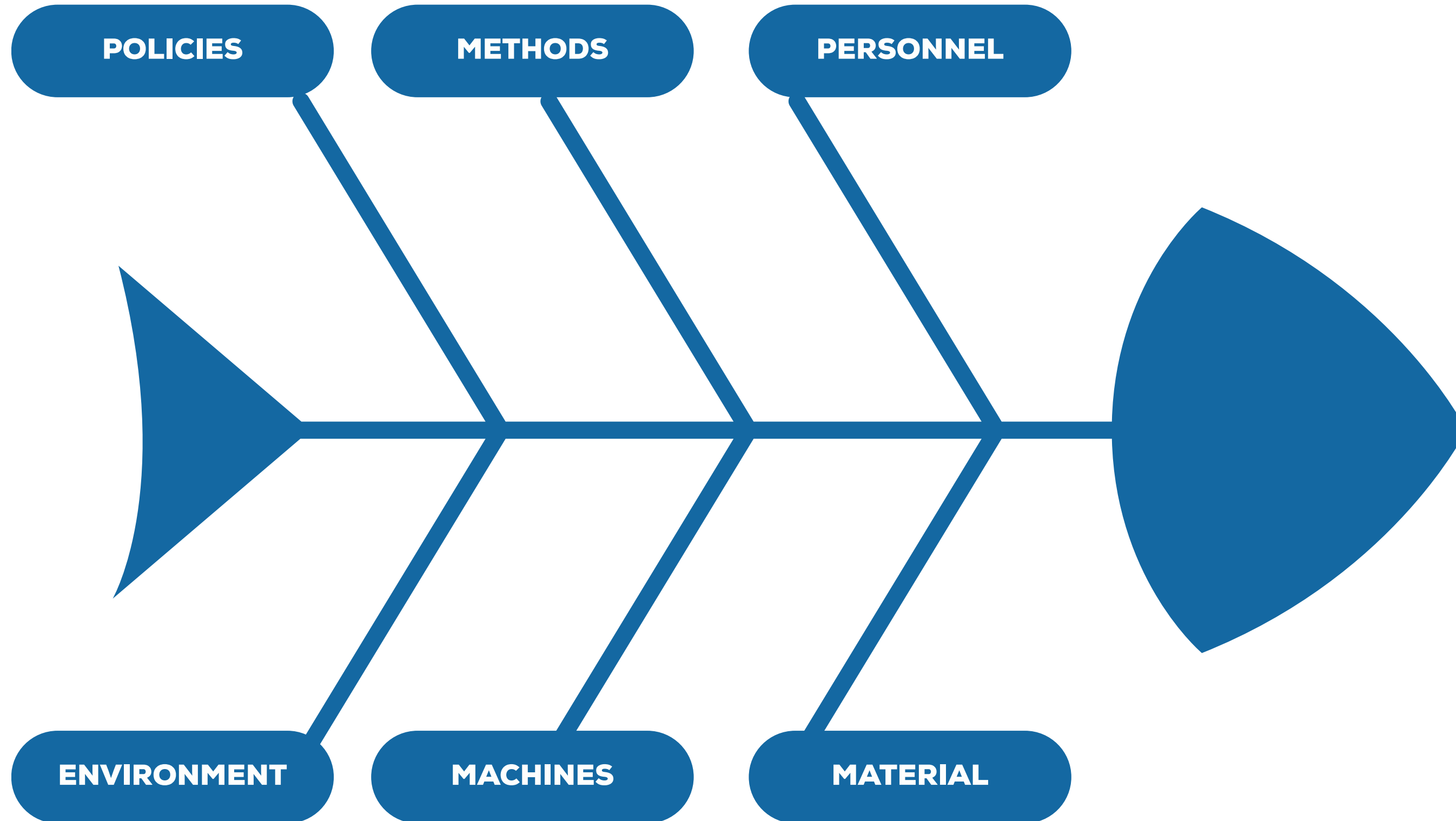


Optimism, Positivity, Advantages

What are the benefits or upsides?
What's the potential?



Fishbone Analysis



The ACT Matrix

What might others see us DO if we were trying to avoid those painful thoughts / experiences?

What would it look like if someone saw us moving toward what's most important?

OUTSIDE / ACTIONS

RELIEF / AWAY

TOWARD

What painful / difficult thoughts or emotions come up?

What's most important to us about this issue /decision?

INSIDE / THOUGHTS & FEELINGS

