

Critical Thinking Self-Audit Worksheet

[Section] PART 1: Input Audit

- List the top 3 sources of information you consume daily (news, podcasts, influencers, etc.)
- What percentage of these reflect your current worldview?
- Are you exposed to ideas that challenge your thinking?

[Section] PART 2: Bias Check

- What are 2 beliefs you hold strongly?
- What evidence supports them?
- What evidence contradicts them?
- When was the last time you changed your mind on something important?

[Section] PART 3: Thinking Triggers

- What topics tend to make you emotionally reactive?
- What assumptions do you carry into those topics?
- Can you sit with discomfort long enough to re-evaluate?

[Section] PART 4: Recalibration Ritual

Create a weekly ritual to recalibrate your thinking:

- Schedule 30 minutes of intentional "thinking time"
- Journal 1 belief you want to examine
- Seek out one opposing viewpoint and reflect on it

Final Reflection:

What would it mean to become intellectually sovereign?

What's one decision you would make differently if you slowed down and thought critically?

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