



Reflect and Prepare

Name: _____

What Is Critical Thinking?

Critical thinking means analyzing, questioning, and evaluating ideas before jumping to conclusions. It helps you make smart decisions, solve problems, and build your personal competitive advantage.

Why This Matters to Me

Why is critical thinking important for your education, work, relationships, or lifestyle goals?

My Thinking Patterns

What helps me think clearly: _____

What clouds my judgment: _____

What situations make critical thinking harder for me: _____

Belief Shift

Circle or write a belief that supports stronger thinking:

"Smart decisions start with smart questions."

"I pause before I proceed."

"My mind is a tool—I sharpen it through practice."

"It's okay to change my mind when new facts appear."

Other: _____



Practice Plan + Progress

Name: _____

My 28-Day Thinking Focus

What thinking habit, strategy, or situation will you work on this month?

Where will you apply this? _____

How will you reflect on your growth?

☐ Thought journal ☐ Weekly review ☐ Peer feedback ☐ Mind map

Restart Plan

When I feel reactive or unclear, I will:

☐ Ask clarifying questions

☐ Write down the facts

☐ Use my anchor phrase: "Pause. Think. Decide."

☐ Other: _____

Weekly Reflection Prompts

1. When did I think critically this week and what was the result?

2. Where did I skip overthinking and how did that play out?

3. What questions helped me see something more clearly?

4. What will I ask, question, or try next week?

28-Day Critical Thinking Tracker

Focus area or habit: _____

Week 1 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 1 go? Circle one word:

☒ Curious ☒ Cloudy ☒ Focused
☒ Rushed ☒ Open-minded ☒ Strategic

Week 3 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 3 go? Circle one word:

☒ Curious ☒ Cloudy ☒ Focused
☒ Rushed ☒ Open-minded ☒ Strategic

Week 2 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 2 go? Circle one word:

☒ Curious ☒ Cloudy ☒ Focused
☒ Rushed ☒ Open-minded ☒ Strategic

Week 4 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 4 go? Circle one word:

☒ Curious ☒ Cloudy ☒ Focused
☒ Rushed ☒ Open-minded ☒ Strategic