

U VOLUTION

THE ESSENTIALS

100 LESSONS THAT PROVIDE THE FOUNDATION FOR A
HAPPY, SUCCESSFUL AND MEANINGFUL LIFE.



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CRITICAL THINKING

The 21st Century will be driven by information and technology. To survive and thrive will require an ability to adapt to a rapidly and radically changing environment. It will require an ability to accurately analyze information while guarding against false or misleading information.

Success and survival will require an ability to acquire, analyze and integrate diverse sources of knowledge to solve problems. And this will require critical thinking. Critical thinking is the ability to think clearly, rationally and deeply about what to do and what to believe. It includes the ability to engage in reflective and independent thinking. Someone with critical thinking

skills is able to understand the logical connections between ideas. They are able to identify, construct and evaluate arguments. They are able to detect inconsistencies and common mistakes in reasoning while solving problems systematically. They are able to identify the relevance and weigh the relative importance of competing ideas. And they are always conscious of how their own beliefs, biases, perceptual limitations and values may influence their perception.

**A CRITICAL THINKER
APPROACHES PROBLEMS WITH
AN INSATIABLE THIRST FOR
INFORMATION AND A CRITICAL,
CREATIVE AND CURIOUS MIND.**

Thinking critically requires that you actively seek to acquire information and to improve your understanding in your search for the truth. Critical thinking includes “outside-the-box” thinking.

**IT REQUIRES CONSIDERING ALL
FORMS OF INPUT INCLUDING
INTUITION AND EMOTION.**

It may also require challenging consensus and pursuing less popular views.

Thinking critically plays an important role in cooperative reasoning and collaborative problem solving. It complements creativity by evaluating new ideas, selecting the best ones and modifying them if necessary. Finally, it provides the tools for self-evaluation and reflection, allowing us to recognize and overcome our inherent biases and prejudices.

A liberal democracy requires citizens who can think critically about social, political and economic issues. Critical thinking will allow you to make informed judgments about those important issues.



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BELIEVE IN YOURSELF

*“Whether you think you
can or you think you can’t—
you’re right.”*

*—Henry Ford, founder of
Ford Motor Company.*

You need to believe in yourself. Not in some delusional, unrealistic way but in a rational, optimistic and courageous way that inspires you to action. From there, add determination and commitment and you will be on your way to realizing your dreams.

The life you lead depends more on you than on anything else. How you think determines how you act—belief in yourself is therefore critical. It will guide every action you take. It will influence everything you say and do. For those who believe in themselves, anything is possible and for those who don’t, nothing is

possible. Use positive affirmation to build your self-confidence.

Wake up every morning saying, “I can do this.” Believe it. Internalize it. Trust in it.



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OPEN YOUR MIND

*“A mind is like a parachute.
It doesn’t work if it isn’t open.”*

—Frank Zappa, American musician.

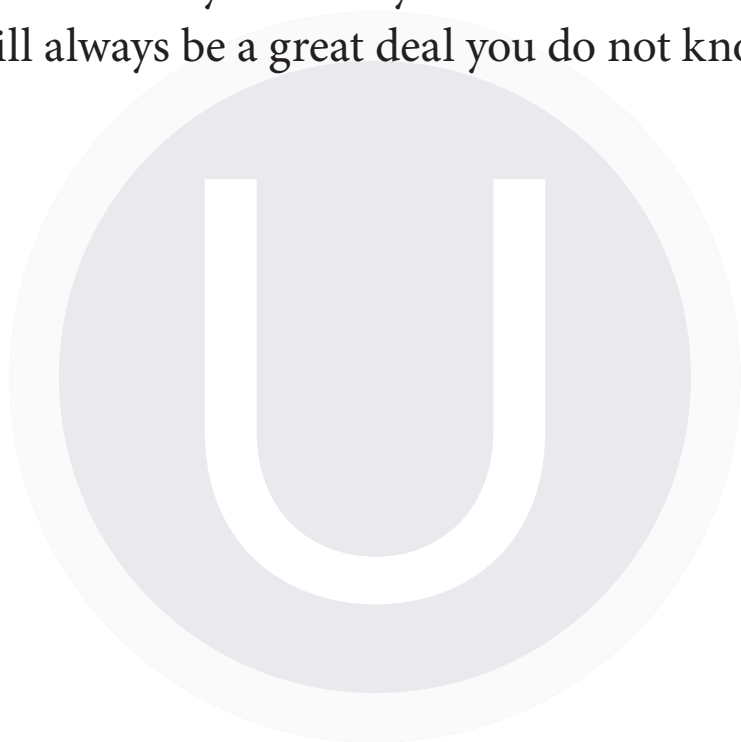
We all have blind spots and biases that cloud our perspectives. Alternative perspectives allow us to see the complete picture, inform our opinions and increase the probability that we will discover the truth.

**HUMILITY AND OPEN-
MINDEDNESS OFFER
UNIQUE INSIGHTS THAT EGO AND
OPINION PRECLUDE.**

When searching for answers, don’t be concerned with where the answers come from—be concerned that the answers are right. Surround yourself with the smartest people you can find, people who have alternative viewpoints and perspectives,

people who can point out what you might be missing. Solicit, explore and evaluate other people's opinions and judge those opinions based on their merits.

Devour information and alternative opinions, not in a quest for validation but in a passionate search for the truth. And know this: the only certainty in life is that there will always be a great deal you do not know.



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SEEK THE TRUTH

“The illiterate of the 21st Century will not be those who cannot read and write but those who cannot learn, unlearn and relearn.”

—Alvin Toffler, American writer and futurist.

To discover the truth, we must first recognize the need to discover it and that requires an understanding that our minds are filled with false ideas and conceptions. Unfortunately, the very idea that we cannot trust our own thinking is a very difficult thing to accept—maybe one of the most difficult. We resist unlearning and relearning just as we resist many kinds of change.

The truth often conflicts with what we believe. It may conflict with our career, our associations and/or our relationships. It may

threaten our status or our public image. We may be attacked and ridiculed for speaking the truth as others may not want to hear it. Instead, they may prefer to hear comforting and inspiring confirmation of that which they already believe.

SOMETIMES THE TRUTH IS HARD TO RECOGNIZE.

It may go against everything we've been told and taught by society and governments. It may go against what we see, hear and read in the media. It may go against what we believe and what our friends, family and coworkers believe.

In an age where "fake news" has become more prevalent and where the ability to manipulate our thoughts and actions has become an emerging skill set and sought-after trade-skill, truth has become more elusive than ever. To find the truth, we must first understand that there are those who don't want us to find it. Some will even go to great lengths to conceal the truth from us.

**LIES ARE OFTEN MIXED WITH
TRUTH TO AVOID DETECTION,
NECESSITATING INCREASED
ATTENTION, CRITICAL THINKING**

AND DISCERNMENT.

It is not always a lack of information or the quality of information that prevents us from seeing the truth. More often, it is the “barriers to entry” that our brain imposes on new ideas that threaten our existing beliefs—barriers that prevent us from seeing the truth. Rather than accept certain information at face value, we often bend, twist and disassemble information to fit our preconceptions, making it all the more difficult to recognize that our preconceptions are false.

**WE WANT CERTAIN THINGS TO BE
TRUE
MORE THAN WE WANT TRUTH
ITSELF.**

We want the candidates that we voted for to be the best candidates. We want the choices that we make to be the right choices. We want our worldview to be the right view. We want validation. Consequently, we unconsciously assess information that conforms to our preconceptions more favorably. We will accept a questionable source of information that confirms our existing beliefs while challenging a far more credible source that contradicts those beliefs.

**TO FIND THE TRUTH,
OUR PRIMARY GOAL
MUST BE THE TRUTH,
NO MATTER WHAT IT IS.**

The more we engage in a joint search for the truth and work together to discern and act upon the truth, the greater our chances for mutual success and survival.



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CHARACTER

“It is not by muscle, speed or physical dexterity that great things are achieved but by reflection, force of character and judgment.”

—Marcus Tullius Cicero, Roman statesman, orator, lawyer and philosopher.

Character consists of the unique qualities that define each one of us. It guides our responses to any situation or circumstance. It determines why we do the things we do and how we do them. It is the sum of the qualities built into an individual's life that determine his or her choices regardless of circumstance.

**GOOD CHARACTER IS PERHAPS
THE SINGLE MOST
ESSENTIAL QUALITY NECESSARY
FOR SUCCESS.**

Without it, no one will want to hire you, do business with you or have a relationship with you. In fact, a flawed or weak character will eventually cause others to avoid having anything to do with you.

Character includes multiple traits. Some traits that can lead to a happy, successful and meaningful life include honesty, integrity, honor, truthfulness, dependability, diligence, humility, punctuality, sincerity, tolerance and generosity.

- **Honesty** is broader than truthfulness. It extends beyond what you say and includes all your actions and dealings with others. It's being fair, just, forthright and truthful at all times, in all circumstances.
- **Integrity** means being true to your word. It means honoring your commitments and being dependable and trustworthy. A person who has integrity is a person you can count on. Have integrity and surround yourself only with people who have integrity.
- **Honor** means taking personal responsibility to uphold what is pure, right, true and just. A person with honor

always does the right thing regardless of consequences. A person of honor is a beautiful and enlightened individual. Of all the great values, honor is perhaps the most important and rare. If you have honor, you are—simply by virtue of that quality—already successful. Be honorable.

- **Truthfulness** means never lying or withholding information. Even a small lie can ruin an individual's career, destroy a marriage, or end a lifelong friendship. Be truthful in all your dealings and accept nothing less from those with whom you associate.
- **Dependability** means doing what you agree to do, even if it means making unexpected sacrifices. It means showing up for work on time, doing your job well, meeting your deadlines and supporting others. It is a cornerstone of success. You cannot be successful without it. Be dependable.
- **Diligence** means perseverance, hard work and constant effort to accomplish a given task. It means using your best efforts to overcome obstacles and achieve your objectives. It means doing whatever

is required to meet your goals. Success requires diligence. Be diligent.

- **Humility** means being modest and selfless. It means giving credit where credit is due. It is the opposite of being boastful. It includes being willing to undertake unglamorous tasks and graciously accepting the sacrifices involved. Having humility is a sign of strength. Be humble.
- **Punctuality** means showing respect and esteem for others by showing up on time and meeting deadlines. Not being punctual is extremely inconsiderate and disrespectful. Successful people pride themselves on being punctual and expect others to be punctual. Be punctual.
- **Sincerity** is authenticity. It means being who you are, saying only what you believe and meaning what you say. Sincerity is extremely persuasive and compelling because it is real and comes from the heart. Be sincere.
- **Tolerance** means accepting others for who they are. It means being open to new ideas, people, cultures and customs. It means being open to alternative points of view. It means understanding the value of diversity. Be tolerant.

- **Generosity** means treating all people with respect even when they can't do anything for you. It means being gracious and kind to everyone you meet. It means recognizing that every human being, regardless of status, deserves respect, consideration and happiness. It means helping and caring about others. Be generous.



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