

## Framing Your Thinking

- Focus on desired outcome
- State problem in 40 words. Cut down to 20, then 10 and end up with a 5 words
  - Research and collect information – understand the issue
  - Rephrase and focus - *"Are we solving the right problem? How do we know this is the right issue?"*
  - Challenge assumptions – what are the known truths?
  - Broaden and narrow the view
  - Change the perspective – analyze from different perspectives
  - Frame questions, not statements – use positive language

## To Avoid Perception Distortion

### *Ask Yourself These Questions*

- *What am I trying to do?*
- *What is my point of view?*
- *What are my reasons for supporting this point of view?*
- *What might be a different perspective?*
- *Is there another way for me to think of this?*