



## **Critical Thinking**

Critical thinking is the unbiased analysis of facts to form an opinion. Critical thinking can become quite complex and has multiple definitions.

Critical thinking is a discipline, you must use self-control and self-discipline. The concept is to look at an idea, event, or person, and with no bias, define and analyze each step. When working through this process you must keep an open mind, be rational, and be willing to explore all areas.

The infamous character, Sherlock Holmes, is perhaps a great example of critical thinking. He was able to remove any preconceived notions, leave his emotions at the door, and examine every piece of evidence with such clarity that leads him to the solution. In order to use critical thinking, we must exhibit such clarity, we must be willing to allow our beliefs to be challenged, and even changed. Such thinking will highlight our errors and lead us on a journey to be a better self.