

IMPROVE YOUR JUDGEMENT

WHAT'S THE POINT?

You might be surprised to know that if you do an activity to affirm your self-worth before you analyse some information to make a decision, you will do a better job. Research shows you will be much more able to read data such as tables, graphs, numbers etc. and see it at face value without your natural biases affecting you, if you have spent a few moments affirming your self-worth first...

LET'S DO IT!

Use the space to write about an experience that made you feel good about yourself.

What did you do?

How did others respond?

What was it about what you did that made you feel good?

Have you repeated this – or something similar? If so, did it make you feel good a second time?

? REFLECT & QUESTION

How did doing that activity make you feel?

Are there any downsides to thinking back to things you did which made you feel good about yourself?

PARTING SHOT

How could you remember to do this activity for 2 or 3 minutes prior to the next time that you have to evaluate some information or data and need to have an open mind?

