

A good argument

- ✓ Use your notes from “Ask yourself” or “Think in many boxes”
- ✓ Formulate a belief or an obstacle that holds you back. Write it down in the centre
- ✓ Identify supporting arguments - why this is true. Pick four of your strongest arguments
- ✓ Now, for each argument create 3-4 opposites - something that overturns your arguments. You can play with word opposites, for example: *small experience - huge learning opportunity*. You can make variations, for example: *long traveling hours - effective reading time / hours of creative thinking*. Look for extreme arguments that are fun and not very logical
- ✓ Pick the best opposite for each argument
- ✓ Now, rephrase your statement in the middle to summarise the selected opposites.

