



Weekly Character Challenge

JUDGMENT

adaptable ▪ analytical ▪ cognitively complex ▪ critical thinker ▪ decisive ▪ insightful
▪ intuitive ▪ pragmatic ▪ situationally aware

makes sound decisions in a timely manner based on relevant information and critical analysis of facts; appreciates context when reaching decisions; adapts to new information and situations; has an implicit sense of the best way to proceed; sees the heart of issues; reasons effectively in uncertain or ambiguous situations

MORNING

AFTERNOON

M

Plan your schedule for the week at work – what are your priorities? What decisions need to be made to keep things progressing? Are there any bottlenecks? Who could you ask for help moving this forward?

Read an article with a point of view that's different your own on a particular topic. See how you feel about this new perspective and if you can adapt your current opinion given this new information.

T

This week, practice listening to your intuition. Take note of your instincts and follow them in low-risk situations. Keep a logbook of decisions and results so that you can go back at the end of the week and evaluate your instincts. Were they accurate? In which situations is your intuition stronger than others? In areas where it is weaker, is there a common factor that may be causing you to misjudge?

Learn a new system. Pick something you've always wanted to understand and learn how it works. Some ideas: planes, the internet, waste management, the digestive or any other physiological system, etc. Spend a few hours learning, then summarize what you've learned and explain it to someone else. This will help you stretch your cognitive complexity and check your comprehension.

W

Given the top news stories of the day, find the underlying themes that seem to be at the heart of them. For example, if you see a bunch of news stories about an upcoming election, can you pinpoint the issues and emotions that voters are consistently bringing up?

Call to mind an issue or problem you've been unable to resolve. Imagine yourself having a dialogue about the problem with a wise person in your life. Imagine the back-and-forth conversation, starting with a description of the problem, and the ensuing responses between the two of you. What did you learn? Remember that you have the capacity for making wise decisions.

T

Read a memoir or an article describing someone's experience in a situation that is different than your own. This may help you appreciate the wide variety of decision-making contexts people operate within.

Think about a past decision you made that didn't go well. Did you ignore any sources of information in making the decision? What would you do in the future when faced with a similar choice?

F

Making good decisions requires having a lot of knowledge about the subject area. Is there a part of your work where you could brush up on the latest research? Spend a few minutes finding an article to read that will help you further develop your expertise.

Read a case study or watch a documentary about a significant issue or event (e.g., Cuban Missile Crisis, Apollo 13, 2008 Financial Crisis), then list the root causes and what could have been done to mitigate or handle the situation better.