Twitter Thread by Freedom Designer

Freedom Designer
@FreedomDSGNR

How to Think Better: 5 Robust Tips

// A THREAD //



We think all the time.

Yet, we don't spend much time thinking about HOW we think.

But this meta-level is required if you want to IMPROVE your thinking.

Thinking is the highest ROI skill you can build for life.

Let me show you five tips on how to do it.

1. Get bored

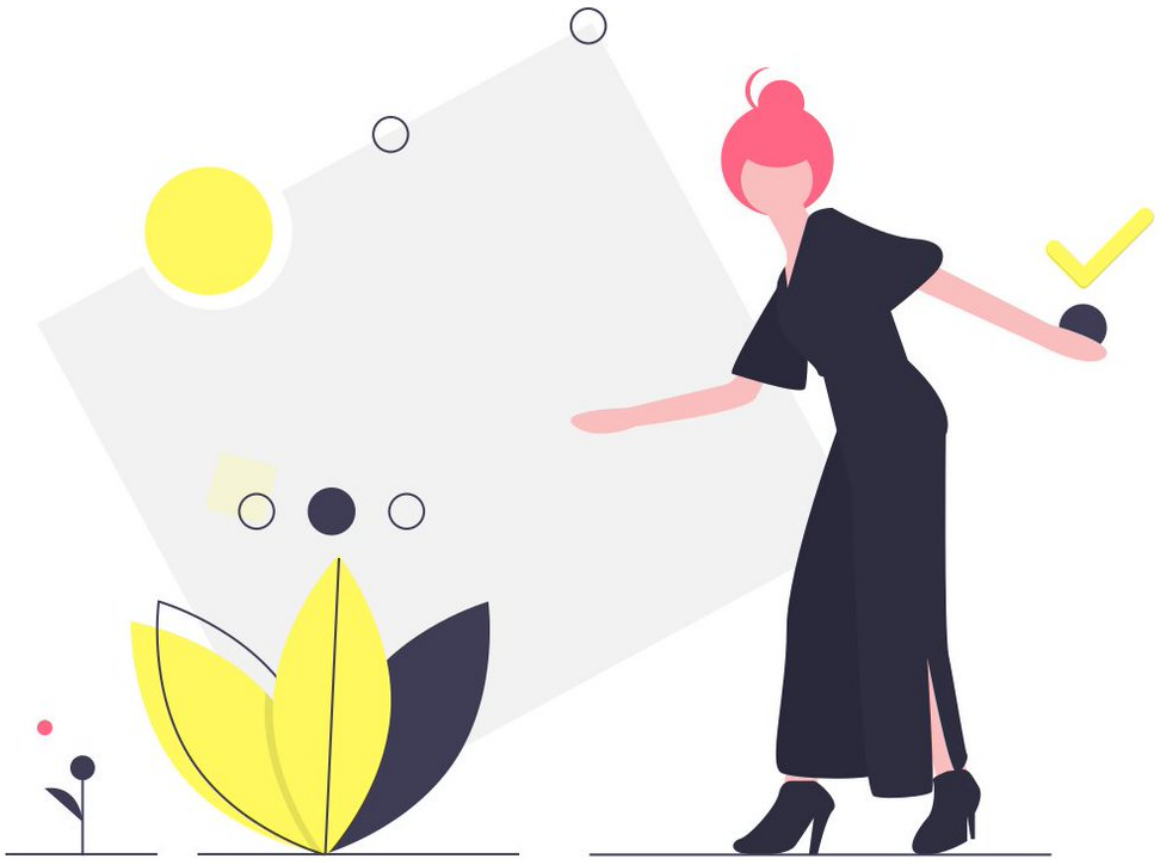
The great thoughts don't come to you when you're busy jumping from one task to another.

- Shower
- Walk

...those are the places where great thoughts tend to appear.

Take advantage and plan how to incorporate "boredom" into your life.

P.S. Meditation counts



2. Know your thinking biases

We as people have some predictable errors in our thinking.

You need to know them, so you can take them into account - and adjust.

Where to start?

@ScottAdamsSays book Loserthink
or Daniel Kahneman book: Thinking Fast and Slow



3. Use mental models

Mental models are general principles that you can apply to various situations.

I strongly recommend you to build your own base of those.

Where to start?

Blog: @farnamstreet

Book: Poor Charlie's Almanack



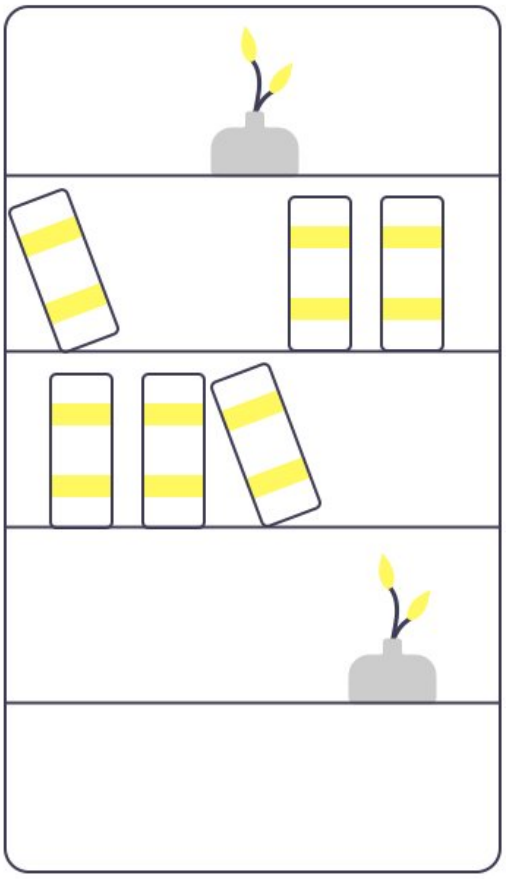
4. Read

And even more important: Read the right books.

Define what the right books are for you and then re-read them.

I have a list of ten books I re-read every year, and would strongly recommend you to do a similar list.

Works wonderfully.





5. Reflect

- Freewriting
- Journaling
- Sauna
- Walk

Those are all ways how to reflect.

Pick what suits you and make it a habit.

The dividends are sweet.



To sum it up:

1. Get bored
2. Know the natural thinking biases
3. Use mental models
4. Read
5. Reflect

Thanks for reading!

If you liked the thread consider RT the 1st tweet.

And let me know:

■ What's your best tip on how to think better?