



FUNCTIONAL GROWTH

Sharpen Your Toolkit

How would you define yourself? Look at the descriptions below for each, and after reading these, circle one word from each pair that most likely demonstrates your typical thinking style:

1.	Inquisitive	vs.	Declarative
2.	Patient	vs.	Impatient
3.	Strategic	vs.	Tactical
4.	Consistent	vs.	Variable

1. Inquisitive vs. Declarative

- **Inquisitive thinking** is all about fostering curiosity and a desire to learn. It involves asking questions, exploring new ideas, and critically analyzing information.
- **Declarative thinking** is a type of cognitive process focused on understanding and stating facts, concepts, or information clearly. It's about knowing what rather than how or why.

2. Patient vs. Impatient

- **Patient thinking** is a cognitive approach that emphasizes taking the time to reflect, consider options, and carefully evaluate situations before acting.
- **Impatient thinking** refers to a cognitive style characterized by a desire for quick answers, immediate results, and rapid decision-making.

3. Strategic vs. Tactical

- **Strategic thinking** is a forward-looking cognitive process that involves planning, anticipates future scenarios, and makes decisions aligned with long-term goals.
- **Tactical thinking** is focused on the short-term execution of plans and actions to achieve specific objectives.

4. Consistent vs. Variable

- **Consistent thinking** refers to a stable and coherent approach to processing information and making decisions.
- **Variable thinking** refers to a flexible and adaptable approach to problem-solving and decision-making.

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What four words define your thinking style? List them below:

- How would you identify your natural tendencies to make decisions and to respond to incoming information?
- Are you somebody who puts their head in the sand and stays focused on getting stuff done, or are you somebody who is open to new ways of getting things done?
- Do you move too fast or not fast enough?
- Do you ask probing questions or love to focus on the facts at hand?

Look at what is really bugging you, and ask yourself the following questions with honesty and curiosity:

- What are you struggling with?
- What tendencies get in the way of improving and enhancing your outcomes?
- How solid are your core relationships?
- Do you have the capacity to break bad habits?

From here, you can establish a plan to improve your functional skills, which will enhance your critical thinking and ensure that your problem-solving capabilities get better as you age. Along the way, you just might also become better at how you relate to others and think about your future growth and potential to achieve your goals.