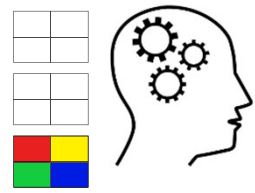


ACTIVITY: Counting Assumptions



We are wired to make assumptions. Our brains fill in gaps in information we gather from the world around us based on our knowledge and experience of similar patterns. Our brains do that automatically and we don't even realize it is happening. Most of the time, those assumptions are accurate and help us survive, function and be more productive.

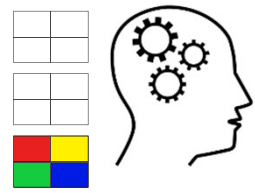
Sometimes, however, those assumptions are not accurate. They give us a false sense of confidence, a feeling that we *already know*. Rather than getting curious, listening attentively and asking questions, we filter out important information. Our assumptions prevent us from noticing anomalies and changes, risks and opportunities.

The Activity: For one week, notice and track how many times you use the word "assumption" or the phrase "I assumed." In addition, track how many times you hear others make assumptions/use those phrases in conversation.

For an extra boost:

1. When you are in a meeting, notice the assumptions being made. Notice when the word or a similar phrase is being used.
2. When something surprises you or turns out differently than you had hoped/planned/expected, get curious. Looking through the lens of hindsight, what did you miss?

ACTIVITY: Counting Assumptions



	# ME	# Others	Notes
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			