**Explain and defend what level of thinker, personally and professionally, you currently are.**

I believe that I am currently at stage 5 (Advanced Thinker) of my development as a critical thinker, both professionally and privately.

I have been working with critical thinking for almost 18 years. I have integrated several dozen thinking tools from TOC and Project Zero (Harvard University). I use them to make strategic decisions in difficult moments. I created a community of Critical Thinking trainers in which I disseminate the attitudes of a Critical Thinker. In his professional work, he is guided by the highest ethical standards, based on knowledge of Critical Thinking in this area.

In my personal life, I try to be an advanced critical thinker - a few years ago I underwent personal therapy in which I used Critical Thinking tools. This connection gave me a fantastic insight into myself, into my beliefs, into my emotions, into my reactions to emotional situations. This wisdom is already within me, integrated.

Critical thinking created me as a new person. It helped me get to know and understand myself, and above all, write a new script for myself. It also allowed me to reach my heart - understand my emotions, my needs, my desires.

Today it is easier for me to communicate with myself and my surroundings. However, I know that my development in the area of Critical Thinking will never end, and for me this is the most motivating, fascinating feature in critical thinking.

**Personal Development**

As you think about your personal development the key ideas are how will you deepen your understanding and application of the elements of reasoning and intellectual standards? How will you develop your intellectual disposition and behaviors using the concepts of intellectual virtues? How will you recognize and overcome egocentric and sociocentric tendencies?

**We prepared the plan largely together because we are now on the path of development together as critical thinkers in professional and personal areas. We believe that a jointly prepared plan will help us maintain consistent development and motivate us to act together. Moreover, we will be able to verify and correct each other.**

**1. What do I want to accomplish during the next 30 days? 90 days? 180 days?**

**30 days**

We will prepare shortened "cheat sheets" of "elements of thought" and "intellectual standards" to always have them at hand, especially when creating important documents, e-mails, and making important decisions.

Creating your own reflection on the entire course, based on "elements of thought", "intellectual standards" And I will share them on my social profile, and above all in the community of Trainers and fans of Critical Thinking in Poland

There has now been a big political change in Poland. And in order not to fall into the comfort that now everything will be reliable, legal and objective, when watching information, reading articles, media, I will pay special attention to the language of the new government regarding information, opinions - to what extent it is reliable, meets the standards of objectivity, sticks to the facts, shows different points of view.

For me personally, it will also be a time to verify my personal assumptions regarding the care of a newborn, the role of a mother, and the extension of the institution of marriage into a family.

**90 days**

As parents of a newborn, we will have to verify almost every day the information coming from doctors, midwives, and National Health Fund recommendations - whether they are based on new knowledge, facts, whether they are guided by the good of the child and not the system, whether there are any threats behind them for us as a family - in terms of health but also expenses.

The same approach will apply to information and opinions coming from relatives and friends - whether their advice is based on knowledge, facts, or more on beliefs and "family traditions".

In our professional work, we will make sure that each of our articles, messages and information is based on "elements of thought", "intellectual standards".

In situations involving emotions, I will work on being guided by "intellectual humility" at all times, to seek understanding and not to let my emotions influence my view of the situation, let alone my decisions.

To avoid sociocentrism, I will try to expand my knowledge of critical thinking by reading other materials, even from competing organizations. I will no longer judge them in terms of "better" or "worse" to ours, but will use "close reading" to objectively learn about such materials. .

**180 days**

After these "technical" stages, in which I will mainly use the "elements of thought", "intellectual standards" - I believe that they will already be integrated in me - I will move on to the "Intellectual Virtues". I will analyze my Thoughts, my actions through virtues. I will use them to analyze the behaviors and words of people who are important to me and my authorities.

We will introduce to the Polish market one course/training for young people prepared from the Foundation's materials - for us it is a time of Development, a deep, analytical approach to materials, many discussions, logical combination of several issues, work on the simplicity and logicality of the entire material.

At the end of this period, we will prepare and conduct 2-day workshops in the Trainers community, using the Foundation's materials, the aim of which will be the development of our entire Community and the dissemination of individual elements and standards in Polish education.

**2. What are specific actions I am going to take on a daily or weekly basis to accomplish my goals?**

In difficult, emotional situations, I will start by writing down and naming all the emotions that occurred to me. Then I will write down and verify all the assumptions and beliefs I have about this situation, about this person. I will devote additional time to analysis, to seek understanding, and I will refrain from issuing an opinion or decision for at least 24 hours.

As a married couple who professionally and passionately deal with critical thinking, we will help each other maintain the quality of Thinking - in situations when emotions or egocentrism begin to prevail in one of us, the other one will signal, verify and question the way of Thinking of the first one, guided by "elements thoughts”, “intellectual standards” and virtues.

Further own education - participation in FCT webinars, participation in the Project Zero course from Harvard - Thinking culture in the classroom. Reading and notes from all the FCT books we have in our library.

**3. What the main obstacles I face that I need to avoid or overcome to put in the work necessary to develop sufficiently?**

#egocentrism - the feeling that someone is attacking me, the feeling that I am right (always right, only I am right), rigidly sticking to my assumptions and beliefs, not noticing how emotions negatively affect my view of situations and events.

Forgetting about the lenses through which we view superreality, how they distort the perception of the real world.

#sociocentrism - the belief that only our community has the best knowledge about critical thinking in Poland - that we have the best solutions, the best approach, the best training.

Selectively choosing evidence to support the validity of our approach. Not noticing the gaps in our thinking, in our assessment of situations and people. Being guided only by one's own interest in the decision-making process, without the desire to see the consequences for the environment.

#lack of regularity in analyzing your thinking

#making decisions and judgments under the influence of emotions

#reluctance to listen to other points of view that are contrary to my thinking

#overconfidence in the quality of Thinking - loss of mindfulness. Adopting the assumption that I automatically think according to standards and that I no longer need to verify my thinking

**4. How will I assess my progress?**

Every month we will sit down to self-reflect on how often I have lost control of myself and in my emotions I have taken some actions and I will assess their consequences.

Each month, as spouses and business partners, we will give each other feedback on how we did with our thinking in the previous month. We will ensure reliability, credibility and objectivity.

We will use "close reading" to the books we read to transfer the thinking in our heads to objective, reliable analyzes - after a few months we will know how much of it I have done.

We will introduce cyclical supervisions in our community to assess our thinking, our development, but also our mistakes.