Karen Baker Module 1 Question C

Write briefly about how you can begin to apply this module’s content to your daily life.

I can begin to apply this critical thinking content to my daily life in many ways by questioning, analyzing and using many of the concepts and tools of critical thinking. I see it as being unlimited concerning the potential that is inherent in this process. Some of the areas in my daily life include relationships, physical and mental health, career/mission, finances, contributions and spirituality. An example of using critical thinking with respect to my physical health would be to ask some questions such as: What do I want, am I satisfied with my current physical condition, why or why not, be specific about those things, why do I think I am doing or not doing the things I have stated, what do I think I can do to change things in a positive direction, create a plan that is measurable and that makes me accountable. This is an egocentric position, but it is derived from a positive framework. Time management will be an important factor to enable me to incorporate these areas into my plan to improve my life in a substantial way.