

# H a b i t s o f M i n d



**1. Persisting**  
Stick to it! Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.



**2. Managing impulsivity**  
Take your Time! Thinking before acting; remaining calm, thoughtful and deliberative.



**3. Listening with understanding and empathy**  
Understand Others! Devoting mental energy to another person's thoughts and ideas. Make an effort to perceive another's point of view and emotions.



**4. Thinking flexibly**  
Look at it Another Way! Being able to change perspectives, generate alternatives, consider options.



**5. Thinking about your thinking (Metacognition)**  
Know your knowing! Being aware of your own thoughts, strategies, feelings and actions and their effects on others.



**6. Striving for accuracy**  
Check it again! Always doing your best. Setting high standards. Checking and finding ways to improve constantly.



**7. Questioning and problem posing**  
How do you know? Having a questioning attitude; knowing what data are needed and developing questioning strategies to produce those data. Finding problems to solve.



**8. Applying past knowledge to new situations**  
Use what you Learn! Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.



**9. Thinking and communicating with clarity and precision**  
Be clear! Striving for accurate communication in both written and oral form; avoiding over generalizations, distortions, deletions and exaggerations.



**10. Gather data through all senses:**  
Use your natural pathways! Pay attention to the world around you Gather data through all the senses; taste, touch, smell, hearing and sight.



**11. Creating, imagining, and innovating**  
Try a different way! Generating new and novel ideas, fluency, originality



**12. Responding with wonderment and awe**  
Have fun figuring it out! Finding the world awesome, mysterious and being intrigued with phenomena and beauty.



**13. Taking responsible risks**  
Venture out! Being adventuresome; living on the edge of one's competence. Try new things constantly.



**14. Finding humor**  
Laugh a little! Finding the whimsical, incongruous and unexpected. Being able to laugh at oneself.



**15. Thinking interdependently**  
Work together! Being able to work in and learn from others in reciprocal situations. Team work.



**16. Remaining open to continuous learning**  
I have so much more to learn! Having humility and pride when admitting we don't know; resisting complacency.