

How to think like a “Smart Thermostat”

Two live shows on 1340 KROC AM at WWW.KROCAM.COM on **August 13 and 27**.

The shows focus is to help listeners sharpen their thinking skills. Specifically, their ability to overcome self or egocentric biases as a means to become a more fair-minded thinker.

Egocentric Thinking ↔ Fair-minded Thinking

Strives to gain selfish interests and to validate current thinking. Intellectual traits include unreflective, arrogance, submissive, self-centered and dishonesty.

Strives to embrace all viewpoints regarding a specific issue without bias. Intellectual traits include reflective, humility, courage, empathy, and honesty.

To further clarify I'll use two thermostats. Every morning ask yourself *what kind of person (thermostat) am I going to be today?*



Egocentric thermostat – It's about *heating and cooling*. Closed to new thought/non-learning. Accurately reports current temperature, but **only reacts** too hot or cold.



Fair-minded thermostat – It's about *comfort*. Open to new thought/learner. Is **proactive** as it continually seeks answers to associated topics such as the current humidity and velocity of the air from the conditioning system.

The Exercise

Do This. First Thing in the Morning – Overcome your natural egocentric tendencies in order to discover how to make better decisions.

#1. Take 5 minutes to think about these biases:

- ✓ It's true because I believe it.
- ✓ It's true because we believe it.
- ✓ It's true because I want to believe it.
- ✓ It's true because I have always believed it.
- ✓ It's true because it is in my selfish interest to believe it.

People who are successful and happy are those who examine their thinking.

#2. Focus on one of the biases each day and see if you can identify a situation where you might have allowed the bias to dominate your thinking. Also, listen for the bias in what others say.

Expected Outcome –

Please call-in to the follow-up show on at 507-282-1234 on August 27th to share whether you think the exercise:

1. Awakened you to the need to strengthen your ability to think more fair-mindedly - more empathic to other thought.
2. Helped you to begin slowing your reaction to statements.
3. And/or begun to seek evidence more over relying on your beliefs.

The greatest enemy of knowledge is not ignorance, it is the illusion [belief] of knowledge. Stephen Hawking

Andy Brownell, radio personality, and I look forward to talking to you on August 13 and 27!

Jim Walters, EdD
Power of Learning, Inc. (Retired)

A handwritten signature in blue ink, appearing to read "Jim", with a stylized flourish extending from the end.