








# THINKING HATS: 6 PLUS 1



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6 thinking hats ideas adapted from Edward De Bono. Spirit hat based on Spiritual Intelligence research.

|  | Attention To | Tendencies Toward   | Questions   |
|--|--------------|---|---|
|    | Ideas        | <b>Creative &amp; New</b> - Solutions, recommendations, proposals, possibilities, alternatives, freewheeling way of thinking - little criticism of ideas.                   | What are the other suggestions? What are the other ideas? Are there any alternatives? Could we do this differently? What can we do about...? How can we get involved? What do you do when...? |
|    | Benefits     | <b>Sunny and Positive</b> - Benefits, value, advantages, improvements, optimism, effective, constructive.   | What are the good points? Why is this preferable? How can we make this work? What is the best thing about...? What is your favourite...? What progress has been made in...?                   |
|    | Emotions     | <b>Feelings, Intuition &amp; Hunches</b> - Guesses, gut reactions, emotional, with judgements, suspicions, and intuitions.  | How do we feel about it? What are our hunches? How do you feel when...? What do you think about...? What worries you about...? How would you react if...?                                     |
|   | Facts        | <b>Neutral &amp; Objective</b> - Facts and figures, details proof, numbers, information, data.  | What information do we have? What information do we need? What information is missing? How do we get the information we need?   |
|  | Problems     | <b>Analysis &amp; Critique</b> - Careful, cautious, weak points, negatives, downsides, pessimism, risks.  | What is wrong with this? What do we need to be careful of? What are the main problems with...? What do you find hard about...? What challenges do you face when...?                           |
|  | Planning     | <b>Big picture</b> , organizing, process working out, analysis, organization, reasoning, thinking, keeps an overview of what thinking is necessary for the thinking itself. | What thinking is needed? What is our planning? What is the next step? How do we summarize it?   |
|  | Spirit       | <b>Interconnectedness</b> , higher power, higher purpose, hope, comfort in chaos, expansive   | What is the soul of this? Are we listening deeply enough? What are we noticing beyond the five senses? How is our source inspiring us?  |