Essay: Problem solving

Everyone thinks. Thinking is in our nature. But many of our thoughts, left to themselves, lack objectivity and are distorted, biased, uninformed or simply preconceived. Yet the quality of our lives and of what we produce, do or build depends precisely on the quality of our thoughts. The poor quality of our thoughts is costly, money and quality of life. However, the excellence of our thoughts must be systematically cultivated.

Therefore, critical thinking is the best way solve your problem and to think as an intellectual. Critical thinking is the art of analyzing and evaluating thought in order to improve it.

A critical thinker will be able to raise questions and problems, collect relevant information, thinks with an open mind and communicates effectively.

Leadership requires five different types of thinking:

- **Critical thinking**: is the mental process
- **Implementation thinking**: is the flexibility of planning and organize idea
- **Conceptual thinking**: the ability to collect separate ideas, and put them in the same picture
- **Innovative thinking**: generating new ideas or new ways of approaching
- **Intuitive thinking** is the ability to take what you may sense or perceive to be true without any evidence.

(forbes, How to Develop 5 Critical Thinking Types, Holly Green)

“You make thousands of rational decisions every day — or so you think. From what you'll eat throughout the day to whether you should make a big career move, research suggests that there are a number of cognitive stumbling blocks that affect your behavior, and they can prevent you from acting in your own best interests. Here, we've rounded up the most common biases that screw up our decision-making.”

(businessinsider, 20 cognitive biases that screw up your decisions, by Smantha Lee)
However, you can easily affect and destroy your critical thinking as soon as you came up with a pre-judgment or a cognitive bias. Actually, cognitive biases could screw up our decision or result, and usually this considered an error in thinking. There is several type of cognitive biases such as anchoring bias, availability heuristic, bandwagon effect, blind-spot bias, confirmation bias...etc. (businessinsider, 20 cognitive biases that screw up your decisions, by Smantha Lee).