Table 3-2
Activities for Practicing Quadrant B Thinking

- Learn a new habit through planning and self-discipline.
- Cook a new dish following the instructions in a complicated recipe.
- Use a "programmed learning" software package to learn something new.
- Plan a project by writing down each step in detail; then do it.
- Assemble a model kit by instruction (or a piece of modular furniture).
- Develop a personal budget, then keep it for two weeks.
- Prepare a personal property list; then put it into a safe deposit box.
- Set up a filing system for your paperwork and correspondence.
- Organize your desk drawer or clothes closet.
- Organize your records, disks, books, photographs, or collection.
- Prepare a family tree, or play Scrabble.
- Find a mistake in your bank statement or monthly bills.
- Be exact on time all day.
- Visit a hands-on science museum; follow the directions for all the activities.
- Learn time management skills—read a self-help book and then do what it says.

Table 3-1
Activities for Practicing Quadrant A Thinking

- Collect data and information about a particular subject or problem.
- Organize the collected information logically into categories.
- Develop graphs, flowcharts, and outlines from data and information.
- Do a library search or patent search on a special topic of interest.
- Find out how a frequently used machine actually works by reading about it.
- Take a broken small appliance apart; find out about the function of each part.
- Take a current problem situation and analyze it into its main parts.
- Review a recent impulse decision and identify its rational, logical aspects.
- Analyze some politicians running for office—where do they stand on the issues?
- Join an investment club.
- Do logic puzzles or games.
- Play chess.
- Learn how to use an analytical software package or program on your computer.
- Play "devil's advocate" in a group decision process.
- Write a critical review based on logical reasoning of your favorite TV program, movie, essay, poem, book, or work of art.

Table 3-3
Activities for Practicing Quadrant C Thinking

- Get together with a friend, share your feelings about a topic or issue.
- When in a conversation, spend most of the time listening to the other person.