



SHARPER
THINKING

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THINK LIKE A PHILOSOPHER

EXPLORING DEEP THINKING
FOR LIFE'S
COMPLEX QUESTIONS

DAN FURZE

THE COMPLETE STUDY GUIDE

Ask better questions. Find deeper answers. Live with wisdom.

A reflective guide to thinking deeply, questioning assumptions,
and exploring life's biggest ideas.

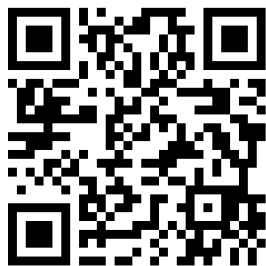
This companion invites you to slow down, reflect with curiosity,
and uncover your own philosophy of life.

HOW TO GET THE MOST FROM THIS GUIDE

This study guide gives you short, practical ways to apply skills from each chapter in your own life as you listen to or read through the book.

Read or listen to one chapter at a time
Complete the exercises immediately after
Reflect honestly – there are no perfect answers
Revisit sections over time as your thinking evolves
Focus on consistency, not speed

You can complete this guide:
Alongside the Audiobook
While reading the Kindle edition
or as a standalone reflection tool



Read on Kindle



Listen on Audible




THINK LIKE A PHILOSOPHER

1. DEFINE YOUR PHILOSOPHICAL FOUNDATIONS

List your core values. Narrow them down to the 3–5 that feel absolutely central to who you are.

Choose one of your core values and turn it into a big philosophical question you want to explore (e.g. if you chose justice, ask: “What does fairness actually mean in an unfair world?”).

 *Which of your values honestly guides your behaviour – and which one do you want to live up to more consistently?*

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2. ADDRESS A MORAL DILEMMA

Write down a real ethical dilemma you've faced (or are facing). Be specific about what's in conflict – honesty vs loyalty, ambition vs time with family, etc.

Decide what you'll actually do. Outline the first concrete action you would take and how you'll communicate it.

• *When your values clash, which one do you tend to protect first – and what does that reveal about who you're becoming?*

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3. EXPLORE A QUESTION ABOUT KNOWLEDGE

Pick a question about knowledge that matters to you. Examples: “Can I really trust my memory?”, “What counts as ‘truth’?”, “How do I know I’m not just repeating opinions I was given?”

Break it down using different angles - Evidence: What can be observed or measured? Logic: What follows rationally? Testimony: Who am I trusting, and are they credible? Skepticism: Where could bias or distortion be creeping in?

 *Where in your life are you acting extremely certain – when actually you’re operating on assumptions, not knowledge?*

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4. REFLECT ON YOUR IDENTITY

Write the core ingredients of ‘who you are’ right now: traits, roles, values, influences, passions. Mark the ones that feel most like ‘this is me, even if everything else changes.’

Write who you are becoming – not just who you’ve been. What identity are you growing into on purpose?

 *Which parts of ‘who you are’ feel chosen – and which parts feel inherited, absorbed, or imposed?*

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THINK LIKE A PHILOSOPHER

5. CREATE YOUR PHILOSOPHY OF HAPPINESS

Write your current definition of happiness in your own words.
Is it comfort, progress, meaning, freedom, love,
peace, momentum, contribution...?

Name one barrier that keeps pulling you away from that state
(comparison, stress, perfectionism, overwork, etc.). Write one way
you could weaken that barrier.

 *If you stopped performing 'look how happy I am' for other people,
what kind of happiness would you actually build for yourself?*

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6. APPLY PHILOSOPHY TO A CURRENT CHALLENGE

Write one real challenge you're facing right now in a single sentence. Keep it raw and honest.

List 2–3 possible actions you could take. For each, note: does it align with that lens, and would I be proud of this decision later?

- *What happens to your stress levels when you slow down, name your values, and choose deliberately instead of reacting?*

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7. WRITE YOUR PHILOSOPHICAL MANIFESTO

Write 3–5 guiding principles you want to live by (e.g. ‘Tell the truth even when it’s awkward,’ ‘Protect my attention,’ ‘Treat people like they matter’).

Write a commitment to growth: how you’ll review, update, and evolve these beliefs over time instead of pretending you’re ‘finished.’

 *If you actually lived by your manifesto this year, what would noticeably change in your behaviour, priorities, time, or relationships?*

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FINAL TAKEAWAYS

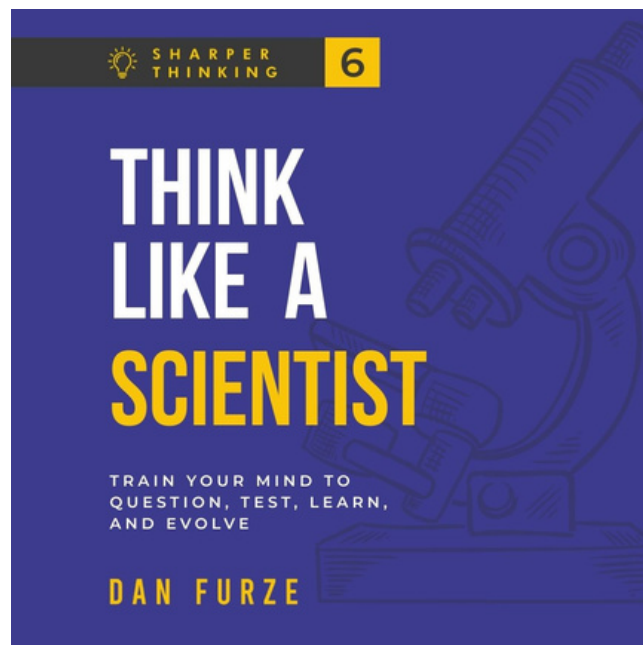
Thinking like a philosopher isn't about sounding smart —
it's about living honestly.

When you clarify your values, act with integrity, examine your assumptions, and choose how to respond to difficulty, you stop running on autopilot and start living on purpose.

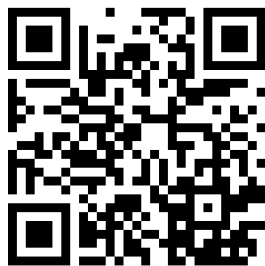
Keep questioning. Keep refining. Keep becoming.



CONTINUE YOUR SHARPER THINKING JOURNEY



Next recommended read: **Think Like a Scientist**
See clearly. Think rationally. Live intelligently.



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Listen on Audible

OR GO DEEPER WITH THE FULL COLLECTION



Sharper Thinking books 1-4

Sharpen your mind. Strengthen your decisions. Shape your future.



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