



SHARPER  
THINKING

6

# THINK LIKE A SCIENTIST

TRAIN YOUR MIND TO  
QUESTION, TEST, LEARN,  
AND EVOLVE

DAN FURZE

## THE COMPLETE STUDY GUIDE

See clearly. Think rationally. Live intelligently.

A practical companion to help you apply  
scientific thinking to everyday life.

Explore each chapter's key principles, reflective  
exercises, and experiments to strengthen your  
clarity, reasoning, and adaptability.

# 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 SCIENTIST

## 1. CURIOSITY: ASKING BETTER QUESTIONS

List five things you often take for granted. Turn each into a question beginning with 'How' or 'Why'.

Choose one routine task and observe it closely for patterns or small inefficiencies – what new questions appear?

- *What happens when you focus on questions instead of answers?*

.....

.....

.....

.....




# THINK LIKE A SCIENTIST

## 2. EVIDENCE: TESTING WHAT YOU THINK YOU KNOW

Pick one belief about yourself or your work  
and design a small test to challenge it.

For one week, replace one opinion each day  
with a data point — track how your perspective shifts.

 *How does testing change the confidence  
you place in your assumptions?*

.....

.....

.....

.....



# THINK LIKE A SCIENTIST

## 3. OBSERVATION: SEEING BEFORE INTERPRETING

Spent five minutes observing a familiar environment without naming or judging anything you see.

Describe an event factually in writing, then underline where interpretation crept in.

 *How much of what you 'see' is actually what you think?*

.....

.....

.....

.....



# THINK LIKE A SCIENTIST

## 4. HYPOTHESIS: TURNING CURIOSITY INTO PROGRESS

When facing a decision, write down two or three possible explanations or outcomes – test one this week.

Use the 'If... then...' format to predict an outcome in your daily routine and compare it with reality.

💡 *What did forming a hypothesis reveal about your thought process?*

.....

.....

.....

.....



# THINK LIKE A SCIENTIST

## 5. PROBABILITY: THINKING IN LIKELIHOODS, NOT ABSOLUTES

Before making a decision, write down three possible outcomes and rate their likelihood (high, medium, low).

Track one recurring situation where outcomes vary — estimate the probability of each next time it occurs.

💡 *How does replacing certainty with probability change your confidence level?*

.....

.....

.....

.....




# THINK LIKE A SCIENTIST

## 6. BIAS: SPOTTING MENTAL SHORTCUTS

Keep a 'bias log' for one week – note each time emotion or assumption influenced a decision.

When debating, restate the opposing view fairly before sharing your own.

 *Which biases appear most often in your daily life – and what triggers them?*

.....

.....

.....

.....



# THINK LIKE A SCIENTIST

## 7. ADAPTATION: LEARNING FROM BEING WRONG

Reflect on one mistake this month. What evidence did you miss, and how will you adjust next time?

Adopt the '10% rule': update one belief or routine slightly based on new information and observe the effect.

💡 *How can being wrong become part of your learning rhythm?*

.....

.....

.....

.....



# THINK LIKE A SCIENTIST

## FINAL TAKEAWAYS

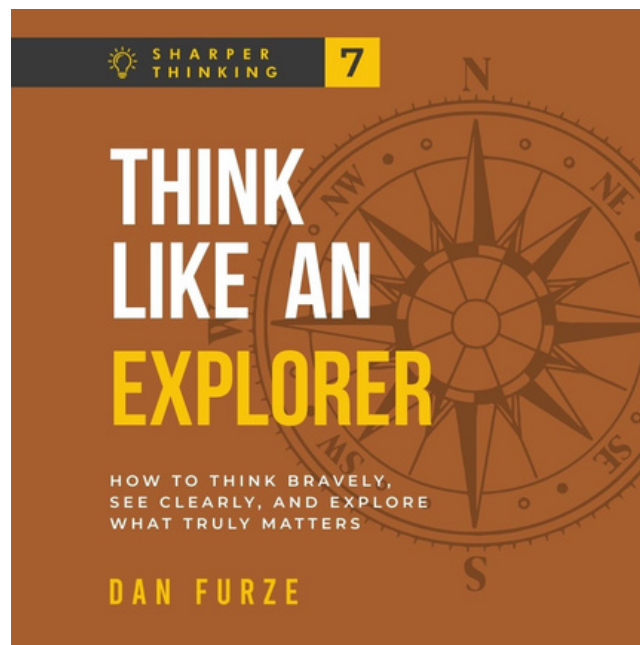
Thinking like a scientist means staying curious, testing often, and updating quickly.

Treat your life as an experiment in understanding.

The evidence you gather each day is the data that shapes your growth — observe it, refine it, and keep evolving.



# CONTINUE YOUR SHARPER THINKING JOURNEY



Next recommended read: **Think Like an Explorer**  
See further. Venture deeper. Live boldly.



Read on Kindle



Listen on Audible

# OR GO DEEPER WITH THE FULL COLLECTION



## Sharper Thinking books 1-4

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



Read on Kindle



Listen on Audible