Habits of Systems Thinking
Introduction

What is it?

 An activity to help us explore and consider the systems we interact with, and the cause and effect relationships between ourselves, others, and the larger world.

Why use it?

When we consider how we interact with others, and the world around us we are envisioning the larger systems at play and our roles in them. By having informed habits that are inline with these systems we can take action that helps everyone live better lives and make improvements or changes where needed

What you need:

30-45 minutes
- The following instructions
- 1 or more people
- Pen & Paper, Habits of a Systems Thinker Chart and Reflection Matrix

Habits of Systems Thinking
Instructions

Step 1: Review

Review the Habits of a Systems Thinker tools chart

Step 2: Label the top row

In the top row of the reflection matrix, list any tasks for any projects, learning goals, or initiatives you are completing.

Step 3: Complete the matrix

As you look at each task, consider which habits of systems thinking would help with task completion. In each box where this applies, put a check mark.

Step 4: Write out your ideas

Take it a step further and write out how you believe that habit will help you complete this task.

Step 5: Keep it in view

Put your matrix and your written ideas in a place where you can review them regularly to help you become more intentional about applying habits of systems thinking.

Adapted from: "Habits of a Systems Thinker Team Reflection Matrix" from Thinking Tools Studio