

Care to Know Exercise

Think of a person or scenario that matters deeply. Jot down ten things you know to be true about them or it. Next, flip each of your knowings to questions on the journey to I Think. See the examples below.

I Know

I Think

Johnny will never work hard enough, at least not as hard as I do.	He hasn't found his passion. How could I help him explore possibilities without feeling shadowed or judged?
I don't need to question my trusted advisors. That's why I trust them.	What deeper solutions might surface if I invited everyone to play in the sandbox, showing up this way myself, and asking and inviting others to do the same?
I don't have bandwidth to stop and contemplate the obvious. I need to move on so I can put out the next fire.	Getting to the root of a problem is my superpower. Where have I yet to offer it?
They will never understand that I am doing it all for them.	How can I possibly explain how hard it is to slow down? How can I ask for the grace to learn how?
My spouse is my rock. They know this. It is obvious.	Have I said it out loud lately to my spouse? Have I ever said it in front of the kids?

At the end of the day, remember that you already have the skills to broaden your perspective and invite others to join you. In fact, these skills are the quintessential part of your best decisions, and your proudest moments of mentorship. They are the quiet pride of an other-first world.



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