The Clear Mind Checklist

Evaluate Any Claim Before Your Brain Decides For You

THINK SHARPER™
with Allen Stafford

Before you accept or dismiss any claim, run it through this checklist.
Skeptics evaluate. Cynics dismiss. This tool keeps you on the right side of that line.

STEP 1: SOURCE CHECK

- [ ] **Who is making this claim?**
  Name the specific person or organization. 'They say' or 'experts believe' doesn't count.
- [ ] **What's their track record?**
  Have they been reliable in the past? Do they have relevant expertise in THIS area?
- [ ] **What do they gain if I believe this?**
  Follow the incentives. Money, attention, votes, engagement?

STEP 2: EVIDENCE CHECK

- [ ] **What specific evidence is presented?**
  Not 'studies show' but WHICH study, what sample size, who funded it?
- [ ] **Is this primary or secondary?**
  Are you seeing the original source or someone's interpretation of it?
- [ ] **What's missing?**
  What questions does this NOT answer? What data would complete the picture?

STEP 3: THE SKEPTIC'S SELF-CHECK

? ***Am I rejecting this because of EVIDENCE or EXPECTATION?***

? ***What would it take to CHANGE MY MIND?***

? ***Am I protecting my EGO or pursuing the TRUTH?***

THE KEY DISTINCTION:
Skepticism is a PROCESS (evaluation). Cynicism is a POSITION (predetermined conclusion).
One keeps your mind working. The other shuts it down.