



## **Day 5: Open-Mindedness Asynchronous Discussion**

Share a recent close-minded or negative thought, and then reframe that thought.

How does this method connect to preventing susceptibility to misinformation?

The hardest part about new habits is maintaining them: people lose focus. How can you maintain new habits?

How can you take control of the narratives you encounter vs. the narratives you believe?

How can open-mindedness influence your perceptions?