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Thinkeé #1: IBNU

Category: Ice Clarity



How to Say It: Ehb-new

Stands For: Interesting But Not Useful

Usefulness: 6 out of 10

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Super Power: Helps you stop the habit of reading too much non-fiction that's interesting, but not useful for your daily life. Occasionally, it is fine to indulge like eating delicious, chocolate chip cookies; but if you eat too many cookies, it can have consequences to your body (in this case, to your mind).

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How to Use It: Before you read the internet, before you open a book, before you read an email, before you read a text, before you read a magazine, before you read a (fill in the blank), just say, "Let's IBNU!"

Then Ask Yourself:

1. Are you reading something interesting?

No?

Ask yourself, why am I still reading?

Yes?

2. Is it an IBNU?

No?

Keep reading.

Yes?

Ask yourself, why am I still reading?

2 Bonus Questions To Explore:

If it's IBNU, ask yourself, *how can I use this?*

If it's IBNU, *what are my reading patterns here and why do I keep doing it?*

Possible Misuse of Super Power:

1. Less exploration of ideas because you're too tunnel-focused
2. Judge too soon
3. Excessive worrying about using something immediately vs enjoying the pleasure of knowing something with the unforeseen possibility of it being useful in the future

So ask yourself, is this an  IBNU?