



MONDAYS

with Mike

MONDAYS

The Triple Filter Test

A great friend of mine recently shared a book called 1000+ Little Things. One chapter in the book is called The Triple-Filter Test. This test was created a couple thousand years ago in ancient Greece by the great philosopher Socrates. He shared that before we ever share a story, it must pass the triple-filter test.

1. The first filter is Truth. Are you sure that the story is absolutely true?
2. The second filter is Goodness. Is what you are about to share good in any way, shape, or form?
3. The third filter is Usefulness. Is there anything in your story that may be useful?

Socrates would challenge his followers by saying, "So, you want to tell me a story that is not true, definitely not good, and not useful to know?"

In many ways, not too much has changed since ancient Greece. Every single day we invest valuable time and energy in drama and hearsay. Many plug into social media first thing in the morning for reasons that have zero to do with what is true for us, good for us, and useful to those around us.

This week, let's start a habit of simply focusing on what is true, good and useful.

Have a great week!