

The 5 Why Method



The 5 Why Method is a powerful thinking tool that enables you to dig deeper and uncover the fundamental reasons behind your goals or desires. You can utilize this framework to make well-informed decisions and to guide you effectively throughout your life.

Want

What is something that you want to do or achieve?

Why do you want this?

Why?

Why?

Why?

Why?

*Fundamental
Reason*

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Creating an Action Plan

To achieve your goals, it's essential to have a well-defined action plan that clearly outlines the necessary steps, identifies the resources you'll need, and establishes deadlines to ensure you stay on track.

Your Chosen Goal:

First Three Steps

What are three specific actions or steps that will assist you in moving forward with this goal?

Action 1:

Action 2:

Action 3:

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Resources Needed

What resources (information, support, time, or finances) will you need to achieve this goal?

Are the steps clear and achievable?

Do you have the necessary resources to move forward?

What additional support would be beneficial for you?

Support System

A strong support system can greatly enhance your ability to achieve your goals.

Who can you rely on for support as you work toward your goals?

How can these resources or people assist you?

What specific steps will you take to put these support systems into action?
