

My problem: Time management

1. Identify a problem you are facing (bad outcome/symptom)

- The problem I am facing is bad time management.

2. Walk the factory line (find the broken parts of the machine)

- When I come home my house is very disorganized
- I also haven't made a very detailed plan as to what I need to do when I get home

3. Ask why until you find the root causes. Use outside sources if needed.

- Ultimately the root cause is poor planning that destroys the potential of future days like not getting enough sleep because I keep watching youtube videos.
- The biggest reason I fear planning is fear of failure and the stress of actually thinking of a quality plan that won't fail.

4. Create or update your strategy and tasks to solve the problem and get your outcomes.

- I need to realize that even a plan that is 30% complete is better than the 0% I would have by not having a plan at all.
- Second is no one really fails until they stay down.
- Third is I need to be more reflective on the outcome of the day and how I can do better in the future.