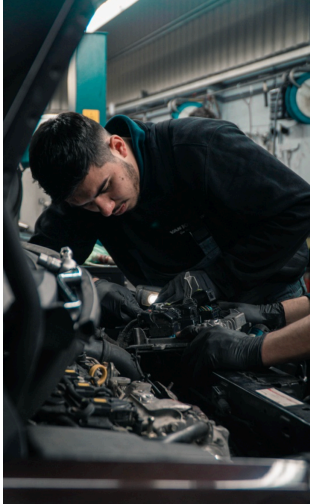# Problem Solving

THE EXERCISE

1. Identify a problem you are facing (bad outcome/symptom)
2. Walk the factory line
3. Ask why until you find the root causes. Use outside resources if needed.
4. Create or update your strategy and tasks to solve the problem and get your outcomes

Problem I am facing:

Utilising my time effectively and falling into procrastination

Factory Line & WHY

- Wasting time procrastinating
  - **Why?** Weak minded
  - **Why?** Negative self talk
  - **Why?** Shame in myself for not getting as much done
  - **Why?** Jump around tasks to much instead of doing one
  - **Why?** When I get stuck I compensate by doing something else that at the time I think is productive but in reality it's hiding away from what actually needs done
- Going to bed really late and waking up early
  - started to try going to be earlier at night forcing myself to be up at 4AM. Ive noticed im more motivated waking up to go get work done that way and knowing i am waking up early to do work gets me sleeping easier

Strategy:

My strategy to fix this will be to schedule my day out with the most important one done first. I've started walking up at 4am so I can utilise the extra 4 to 5 hours to get my head down and get the most important tasks that will get me results done first.

Another Strategy will be to incorporate something that is hard into my life everyday to adapt my mindset to become stronger, improve my critical thinking and find joy in finding solutions in problems

Wake up at 4am
Do the most important tasks which will be depending on the day. This will be decided the night before, working from most important down.
 Exercise will be thrown in between so half way through my morning I will do my burpees.
 Work until 8-9, depends when my son wake up. Look after him during the day. This is where I'll do some smaller tasks.
 An hour and half before bed I will plan out the next day. Go to sleep 10 the latest