

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

1. The problem I am facing is sleeping throughout the day
2. Walking the Factory line:
 - The time I go to bed
 - What I eat
 - Weak thinking telling me I am tired
 - Not being connected enough to my goals
 - Laying in bed after finishing a task or challenges to 'rest'
 - How comfortable I am with my current position
 - Turning a power nap into a longer one (weakness)
3. Review of my schedule for the last few days
 - Going bed later than I plan leads to me being more tired throughout the day because I either decide to sit on my phone for some extra time or I don't complete all my tasks within the time I give myself and go over the time to finish them
 - I am turning my power naps into long naps because I choose the cowardly option of deciding to lay in for an extra 10 minutes and then fall asleep instead of getting up after my power nap
 - Sometimes I decide to lay in bed after finishing a task as a rest, leading to me being more tired.
4. Root cause of sleeping throughout the day

- Going to bed late. Why? - end up sitting on my phone for 20 minutes. Why? - I am not disciplined enough to just go to bed without checking my phone. Why? - I value cheap dopamine rather than being successful and feeling good throughout the day. Why? - it's a bad habit from my loser days that I need to cut out

5. Solution

- Going to bed earlier no matter if I haven't completed my tasks and not using the phone 15 minutes before my sleeping time - this means I am going to have to complete my review of the day earlier

Problem 2

1. The problem I am facing is time management
2. Walking the factory line
 - Procrastination
 - Wasting time on stupid things (sleeping, relaxing etc)
 - Poor plan for the day(calendar needs improvement)
 - Not doing the tasks in the time I set and having to go overtime to do them (poor focus)
 - Fear of doing tasks (weak)
 - Laziness
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3. Review of my schedule for the last few days
 - With some tasks, I procrastinate them or overthink them before actually getting to work and doing them because of fear and laziness
 - messing up my day schedule by turning power naps into long naps causing me to have less time than anticipated
 - In between work sessions, I waste more time than I need to doing stupid stuff like - being on my phone, annoying my sister, having useless conversations with my mum just trying to waste time
 - poor focus when actually doing the tasks sometimes I just get up halfway through a session to waste a few minutes doing some little workout, going on the phone, or engaging in useless conversations with family.
4. The root cause of poor time management
 - Wasting time in between tasks and when doing them. Why? - My focus is poor. Why? - I am not disciplined enough to stick to my time limits.

Why? - because I am comfortable with my life right now and being a loser. Why? - because when stuff gets hard I decide to take the easy way out which is wasting time.

- Procrastinating my tasks. Why? - being scared of a hard task. Why? - because I am lazy and I don't want to put the work in. Why? - because this is a new challenge I have never come up against and I fear it. Why? - because I haven't prepared myself (watching courses and becoming obsessed)

5. Solution:

- Plan my day better and stick to my time limits for doing the work
- Force myself to sit through work sessions no matter what
- Become obsessed with this skill and making money- cut out social media (already have with tik tok my biggest distraction) and only consume content that will help me with this journey
- Identify when I am wasting time and act to fix the problem immediately
- Leave myself some time throughout the day to complete any tasks I have not finished so that I don't run into over time