

Petar style RCA/AAR

PS / Pro tip: if you look closely, the template I preach for root cause analysis is really just a PAS (Problem - Agitate - Solution) in disguise.

PROBLEM:

- SYMPTOM: Going to sleep late
- WHY #1: Trying to catch up with the tasks I said I would do
- WHY #2: I don't do them throughout the day
- WHY #3: I am not brutal with managing my time spent during the day
- WHY #4: I don't have as much urgency as I would like
- WHY #5:

AGITATE:

- CONSEQUENCES: "if I keep going to sleep late, then I suffer from lack of sleep. Which leads to bad health, focus and time efficiency and not being competent which is vital for achieving my goals."

SOLUTION:

- SOLUTION: "if I instead Go to sleep early, then I gain more focus and energy levels. Which leads to better time efficiency and output in a day and achieving my goals."

ACTIONABLES:

- 1.