

STRESS MASTERCLASS: 8-WEEK STRESS RELIEF TRAINING

Lecture: Decision making tool 5

Task: Keep answering on this question, until you get some rational conclusion or solution.

DECISION MAKING TOOL:
5 Whys Technique by Sakichi Toyoda(Toyota founder)

EXAMPLE:

MY DECISION /PROBLEM:

I have to choose between career and partner. Why I really need to go to Germany?

I want to go to Germany.

WHY?

I want to go to Germany but I have a problem.

WHY?

Because I want to become a doctor and my partner doesn't support that.

WHY?

I want to be respected

WHY?

I want to be respected, because I don't feel respected

WHY?

My parents constantly criticized me when I was a child (I felt underrated)

STRESS MASTERCLASS: 8-WEEK STRESS RELIEF TRAINING

Lecture: Decision making tool 5

Task: Keep answering on this question, until you get some rational conclusion or solution.

DECISION MAKING TOOL: 5 Whys Technique by Sakichi Toyoda(Toyota founder)

MY DECISION /PROBLEM:

I have to choose between career and partner. Why I really need to go to Germany?

WHY?

WHY?

WHY?

WHY?

WHY?
