



TOOL - 5 WHYS

1. Write down your goal/wish or challenge.

2. Ask “Why do I have this goal/wish/challenge?” Write down the answer.

3. If the answer is not the root cause/root motivation, ask "Why?" again.

4. Continue until you reach the root motivation of your goal/wish or root cause of your challenge. Make sure you ask WHY at least 5 times.
