

SIX MILES *To Supper*



SOLVING YOUR PROBLEM WITH THE POWER OF WHY

The Toyota corporation came up with the technique of asking why 5 times to get to the root of the problems they would find with their cars. This is a very useful technique for weight loss, goal setting, and just general problem solving. Try it out!

Step 1: State the Problem

Example: I am overweight

Step 2: Write your problem as a why question.

Example: Why am I overweight?

Step 3: Answer the question you formed in Step 2.

Example: I am overweight because I habitually overeat.

Step 4: Write your answer from step 3 as a why question.

Example: Why do I habitually overeat?

Step 5: Answer the question you formed in step 4.

Example: I overeat because eating is the most enjoyable part of my day.

Step 6: Write your answer from step 5 as a why question.

Example: Why is eating the most enjoyable part of my day?

Step 7: Answer the question you formed in step 6.

Example: Eating is the most enjoyable part of my day because it's the only time I feel is just for me.

Step 8: Write your answer from step 7 as a why question.

Example: Why is eating the only time of the day that is just for me?

Step 9: Answer the question you formed in step 8.

Example: Eating is the only time of day that is just for me because I have three small kids and I feel like I have to give every minute to them.

Step 10: Write your answer from step 9 as a why question.

Example: Why do I feel like I have to give every minute to them?

Step 11: Answer the question you formed in step 10. This is likely the root of your problem.

Example: I feel like I have to give every minute to my kids because I want to be a good mom, and I'll feel guilty if I take time for myself.

Step 12: Ask yourself how you can solve this. Use specific action steps.

Example: I can still be a good mom, and also take care of myself. I can have my husband take care of the kids for 1 hour while I take a walk or do something just for myself. If I take time for myself, eating will no longer be the only "me time" I have.

Repeat this process for all sorts of problems you encounter. If at step 11 you could still ask yourself "Why?" continue until you get to the root issue.