



PROBLEM TO PURPOSE FRAMEWORK

1) The problem

- a. What is the problem?
- b. When is the problem not a problem?
- c. When is the problem more extreme?

2) HISTORY

- a. Have you experienced something like this before/when did you start experiencing the problem?
- b. What's worked in the past?
- c. What's made it worse?

3) Growth Steps

- a. How are you better off then when the problem started?
- b. How did you manage that? How did you do that?
- c. Reverse engineer (walk back) some of those steps.

4) Growth Character

- a. How have you seen yourself grow?
- b. And what else?
- c. Anything more?

5) Improvement

- a. Let's say that when the problem is at it's absolute worst is a 1, and let's pretend being completely problem free is a 10; how would you rank the problem right now?
- b. Why not 1 less? Make an argument for why the score you chose should be the score.
- c. What are some practical things you could do this week to move 1 forward?
- d. How would you know you had improved? Another way to imagine this question is this:

Imagine you had a magic wand tonight and *POOF* you create a potion where if you drink it, the problem will go away. You do the magic, you drink the potion, and you go to bed tonight. Tomorrow when you wake up and go through your day, how would you know the magic had worked? At what point would you really believe the magic had worked and was going to work forever?

6) Progress

- a. If you make steady improvement, what does life look like 1 week from now?
- b. If you continue to grow, what does life look like 1 month from now?
- c. What does life look like a few months to a year from now?
- d. How long do you think it will take to feel like you have 'arrived'

7) DOWN AND RIGHT: COMPLACENCY/MEDIOCRITY

- a. What happens if you go forward without improving or growing?
- b. What happens if you go forward, and things get worse?

8) UP & LEFT: PARALYSIS/STAGNATION

- a. Imagine you get too focused on being good enough before getting started. What is the minimum amount of personal readiness you need to take the first step?
- b. What happens if you grow but don't apply it to move forward?

9) UP & RIGHT: PURPOSE/MEANING

(try using 1 post-it per letter)

- a. Worthy Problems: What is a problem you would rather be focusing on?
- b. Passion: Is that a problem worthy suffering for/sacrificing for? What ways will the problem demand more from you? (how will you invest, buy in, pay the price)
- c. Potential: What tools do you already have, and what tools are you working on/committing to work on that make you suited to take on the problem?
- d. Possibilities: What opportunities exist for you to do something about the problem right now?