

It has been said that we all have free will. If this is true, then we ultimately have control over the root causes of unhappiness or stress. This 5-Why exploratory process will bring to the surface the cause and effects of a person's actions. Once this task has been completed, you can choose to continue onward staying exactly the same or eliminate the risk of recurrence and experience improved outcomes. You decide with your free will.

Fill out the form below working in the left had column first and down. Once you've completed the first column, proceed to the second column and lastly, the third column. Ultimately, you want to end up with one Action step or Solution to prevent this pattern from recurring.

5 Whys	Why did the problem occur? What is the problem?	Why did the problem go undetected?	Why did the problem occur? What is the problem?
Problem description			
1st Why			
2nd Why			
3rd Why			
4th Why			
5th Why			

The solution steps I arrived at are:

If there is more than one person involved in the solution steps, list them here:

Select a date to implement the solution steps:

