1. Problem Identification and Delta Analysis:

- What specific challenge are you currently facing in your personal or professional life?

- Why is it a problem?

- Reduce this to a simple problem statement

- If you were to wake up tomorrow and this problem was solved, what would be different? (Miracle Question)

- What is the "delta" or gap between your current situation and your desired state?

- How would solving this problem align with your long-term goals or values?

2. Current Situation Analysis:

- Describe your current situation in detail. What factors are contributing to the problem?

- What attempts have you made so far to address this issue? What were the outcomes?

- Are there any patterns or recurring themes you've noticed related to this problem?

- How is this problem affecting different areas of your life (e.g., career, relationships, personal growth)?

3. Root Cause Exploration:

- What do you believe are the underlying causes of this problem?

- Are there any assumptions you're making about the problem or its causes?

- How might your own beliefs, habits, or past experiences be contributing to the situation?

- If you were to view this problem from an outsider's perspective, what insights might you gain?

4. Self-Efficacy Assessment:

- On a scale of 1-10, how confident do you feel in your ability to solve this problem? Why?

- What past experiences or skills can you draw upon to address this challenge?

- How might your perception of your own capabilities be influencing your approach to this problem?

- What small wins or successes have you had in the past that you can build upon?

5. Solution Brainstorming:

- List at least five potential solutions to your problem, no matter how unconventional they may seem.

- For each solution, what are the potential benefits and drawbacks?

- Which solution feels most aligned with your values and long-term goals?

- How might you combine elements from different solutions to create a more comprehensive approach?

6. Experimental Design:

- Based on your chosen solution(s), what small, low-risk experiment could you conduct to test its effectiveness?

- What specific, measurable outcome would indicate that your experiment was successful?

- What resources or support might you need to carry out this experiment?

- How long will you run this experiment before evaluating its results?

7. Obstacle Identification:

- What external factors (e.g., time, resources, other people) might hinder your progress?

- What internal obstacles (e.g., self-doubt, fear, lack of knowledge) do you anticipate facing?

- For each obstacle identified, brainstorm at least one strategy to overcome or mitigate it.

- How can you reframe these obstacles as opportunities for growth or learning?

8. Action Planning:

- What specific steps will you take to implement your chosen experiment?

- How will you measure and track your progress throughout the experiment?

- What milestones can you set to celebrate small wins along the way?

- Who can you enlist to provide support or accountability during this process?

9. Reflection and Iteration:

- After conducting your experiment, what were the results? What did you learn?

- How has this experience affected your confidence in problem-solving?

- Based on what you've learned, what adjustments would you make to your approach?

- What new experiments or actions will you take based on these insights?

10. Building Mastery and Self-Efficacy:

- Reflecting on this problem-solving process, what new skills or knowledge have you gained?

- How can you apply what you've learned to future challenges or goals?

- What strategies will you use to maintain momentum and continue building your problem-solving abilities?

- How has this experience changed your perception of your own capabilities?

By working through these prompts, the reader will engage in a comprehensive problem-solving process that not only addresses their immediate challenge but also builds their overall problem-solving skills and self-efficacy. This approach encourages experimentation, reflection, and continuous learning, aligning with the principles outlined in Problem Solving 101 and incorporating elements of self-efficacy theory and the Miracle Question technique.

10. Commitment and Accountability:

- What specific actions will you commit to taking this week towards your goal?

- How will you hold yourself accountable for following through?

- Who can you share your plan with for added support and accountability?

By working through these prompts, the reader should gain clarity on their problem, develop a structured approach to solving it, and be better prepared to overcome obstacles on their path to a positive outcome.