The YRoot Framework

Purpose

The YRoot is a structured reasoning method designed to guide you from a goal to practical actions through a logical, question-driven process. By interrogating each step with "Why?", it helps ensure that every action you take is grounded, necessary, and coherent. It is designed to transform complex ideas into feasible, traceable decisions and can be applied across disciplines, from coaching to engineering.

Structure

1. GOAL – What do you want to achieve? Why?

2. NEEDS – What must be true or available to reach that goal? Why?

3. STRATEGIC BIFURCATION – For each need:

   A. What could help? Why would it work? Under what assumptions or conditions?

   B. What could work against it? Why might it fail? What makes it risky or fragile?

   ⚠ If no viable solution emerges: The need is unsatisfiable → The goal must be revised or abandoned.
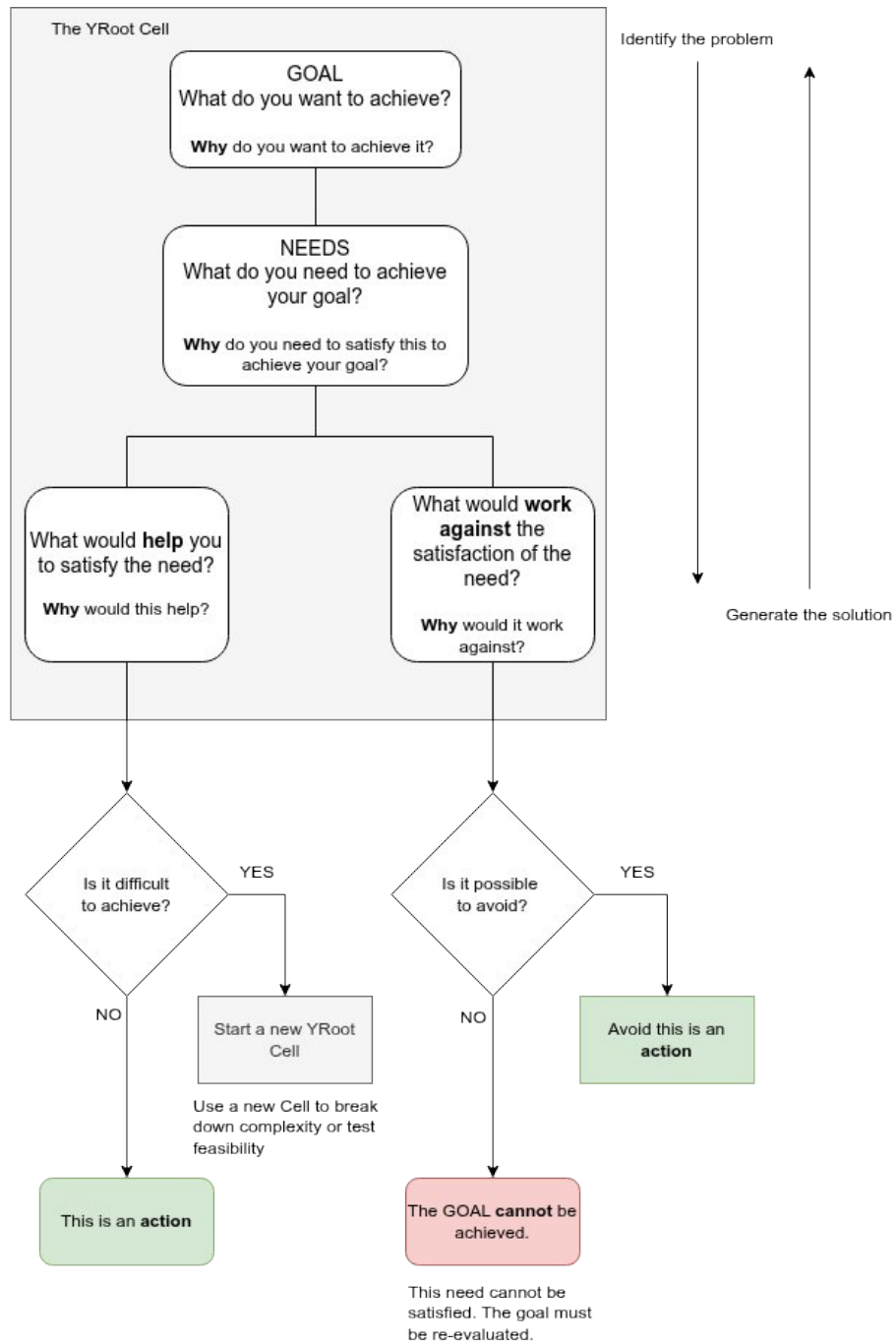
How to Use It

• Read top-down to analyse and structure your thinking.

• Read bottom-up to execute: each viable item in 3A becomes an action.

• Use "Why?" to test, clarify, and validate every step.

• Metrics and feedback are optional: include them only if your context requires measurement.

The YRoot is recursive and iterative: any action can be re-analysed using the same structure, making it a powerful, adaptive thinking tool.

The YRoot Cell

Identify the problem

A YRoot Cell is one unit of
structured reasoning. Each
time you identify a new
action or sub-need, you can
open a new Cell recursively.

GOAL
What do you want to achieve?

Why do you want to achieve it?

NEEDS
What do you need to achieve
your goal?

Why do you need to satisfy this to
achieve your goal?

Repeat for every
need

What would **help** you
to satisfy the need?

Why would this help?

What would **work
against** the
satisfaction of the
need?

Why would it work
against?

Generate the solution

Is it difficult
to achieve?

YES

NO

Start a new YRoot
Cell

Use a new Cell to break
down complexity or test
feasibility

This is an **action**

Is it possible
to avoid?

YES

NO

Avoid this is an
action

The GOAL **cannot** be
achieved.

This need cannot be
satisfied. The goal must
be re-evaluated.

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