

REFRAMING CHECKLIST

PROBLEM STATEMENT

- You have an aspiration
- But, there is a problem
- That makes you feel “pain”
- For example, it happens like this

RETHINK THE GOAL

Is there a better goal to pursue?

- Clarify the higher-level goals
- Challenge the logic
- Ask if there are other ways to achieve the important goals
- Question obvious goals, too
- Examine the sub-goals as well

LOOK IN THE MIRROR

What is my role in creating the problem?

- Explore your own contribution
- Scale the problem down to your level
- Get an outside view of yourself

LOOK OUTSIDE THE FRAME

What are we missing?

- Look beyond your own expertise
- Look to prior events
- Look for hidden influences
- Look for non-obvious aspects of the situation

EXAMINE BRIGHT SPOTS

Are there positive exceptions?

- Have you already solved the problem at least once?
- Are there positive outliers in our group?
- Who else deals with this type of problem?
- Can we broadcast the problem widely?

TAKE THEIR PERSPECTIVE

What problem are they trying to solve?

- Make sure it happens
- Escape your own emotions
- Look for reasonable explanations

