



5 why's worksheet

Add your problem to the worksheet below, then ask five times why it's happening. Try to keep your answers rooted in concrete facts and behaviors (not just feelings).

What happened?

Add your answer from the What's-Our-Problem worksheet

Why did [problem] happen?
Add root cause #1

Why did [root cause #1] happen?
Add root cause #2

Why did [root cause #2] happen?
Add root cause #3

Why did [root cause #3] happen?
Add root cause #4

Why did [root cause #4] happen?
Add root cause #5
