



Check

Your Progress, Ask Questions

Questions to Ask

- + Why am I using this strategy?
- + Is this really helping me?
- + What could I do differently?
- + Do I need to change strategy?
- + Do I need to change my thinking?
- + Do I need to go to a different stage?
- + Do I need to re-think my plan?

Strategies to Use

- + Starbusting method
- + Talk to others
- + Cause and effect analysis
- + Consider trial and error approach
- + Peer Group
- + Double diamond
- + Act, Learn, Build so you can Act
- + Step away from the problem
- + Ask questions
- + Feedback and reflect

