FROM *THE YROOT METHOD*

# The One-Page YRoot Worksheet

Use this page whenever a decision feels noisy, stuck, or strangely heavy. You do not need to fill it in perfectly. In fact, if your first attempt is a bit uneven, that is probably a sign you are doing honest thinking rather than performing tidy thinking for an imaginary examiner.

## Decision or situation

What are you trying to think through?

## GOAL

What are you actually trying to achieve, and why does it matter?

## CHECKS

What must be true, safe, ethical, acceptable, or non-negotiable for that Goal to work?

## FACTORS: helping

What could support the Goal or make the Checks easier to satisfy?

## FACTORS: hindering

What could obstruct the Goal, weaken the Checks, or create unwanted consequences?

## ACTIONS

What will you do next? Who is responsible? When will it happen? How will you know whether it worked?

## Review

After acting, ask:

- Did the Action move you towards the Goal?
- Did any Check change or become clearer?
- Did a new Helping or Hindering Factor appear?
- Do you need another YRoot Cell?

*If the answer is yes, excellent. That is not a failure of the method. That is the method doing its job.*


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