

## Meta-Problem worksheet

**Purpose:** This worksheet lets you apply the meta-problem framework to a situation you want to figure out. In lay-person terms, we call everything below ***solving a problem***.

**Step 1:** Pick a situation to analyze. Pick one where you have evidence that there's a better solution out there, if you could just find it. (This can just be a feeling, reasons, or data)

**Step 2:** Write down your goals. There may be both primary and secondary goals. Constraints are also a kind of goal.

**Step 3:** Write down your options. What can you do? What decisions could you make?

**Step 4:** Evaluate each option based on the goals from Step 2. Which seems best? What qualities make it not the best? Does your evidence apply?

**Step 5:** Come up with new options based on your analysis.

**Step 6:** Assess the evidence. If there still might be a better option out there, decide if it's worth it to keep looking.