



# LIFE COACHING

CERTIFICATION  
PROGRAMME

*4 Question Problem  
Solving Framework*

Created By Kain Ramsay

## 4 QUESTION PROBLEM SOLVING FRAMEWORK

**STEP 1:** Select one area in your life that you'd really like to get better results in and describe what this life area is currently like for you? (the goods, the bad's, the positives and the negatives)

**STEP 2:** Describe how the quality of your thinking, your emotions, habits or beliefs have impacted the results that you're currently getting in this life area?

## 4 QUESTION PROBLEM SOLVING FRAMEWORK

**STEP 3:** State exactly what you DO WANT to achieve in this specific life area?

**STEP 4:** What's the very first step that you must take TODAY to start getting closer towards what you DO WANT in this specific life area?