

1. Did I get the **result I wanted?**

Problem Seen	Reason in Strategy Layer	What It Means	How to Fix It
Result is lower than expected	Target clarity problem	Target was too big for current ability	Break the target into smaller mini goals
Results are inconsistent	Target clarity problem	Target was not precise enough	Define clear and measurable checkpoints
Progress is very slow	Target clarity problem	Time estimate was unrealistic	Adjust timeline to match real pace
Understanding feels weak	Resource commitment problem	Resource was too difficult or confusing	Choose resource that matches current level
Forgetting happens quickly	Priority Level 2 problem	Not enough recall or revision practice	Add active recall and spaced repetition

2. Was the **result worth the effort?**

Problem Seen	Reason in Strategy Layer	What It Means	How to Fix It
Effort feels too high for small results	Priority Level 2 problem	Too much time spent on low value tasks	Reduce time spent on decoration tasks like neat notes
Studying for long hours but learning little	Priority Level 2 problem	Too much passive learning	Replace repeated reading with practice and recall
Running out of time daily	Priority Level 1 problem	Daily life priorities are unbalanced	Fix sleep, rest, and daily routine
Studying many topics but little progress	Priority Level 3 problem	Focus spread across too many topics	Focus on high value topics first
Learning feels slow despite effort	Resource commitment problem	Too many resources used	Reduce number of resources

3. How did I feel during the cycle?

Problem Seen	Reason in Strategy Layer	What It Means	How to Fix It
Felt exhausted often	Priority Level 1 problem	Poor sleep or rest habits	Increase sleep and recovery time
Felt overwhelmed	Target clarity problem	Target was too large or unclear	Divide target into smaller checkpoints
Felt anxious or stressed	Priority Level 2 problem	Study method too intense without balance	Add breaks and reduce workload intensity
Felt mentally tired quickly	Resource commitment problem	Resource too complex	Choose simpler explanation source
Felt guilty or distracted	Priority Level 1 problem	Personal responsibilities ignored	Allocate time for responsibilities