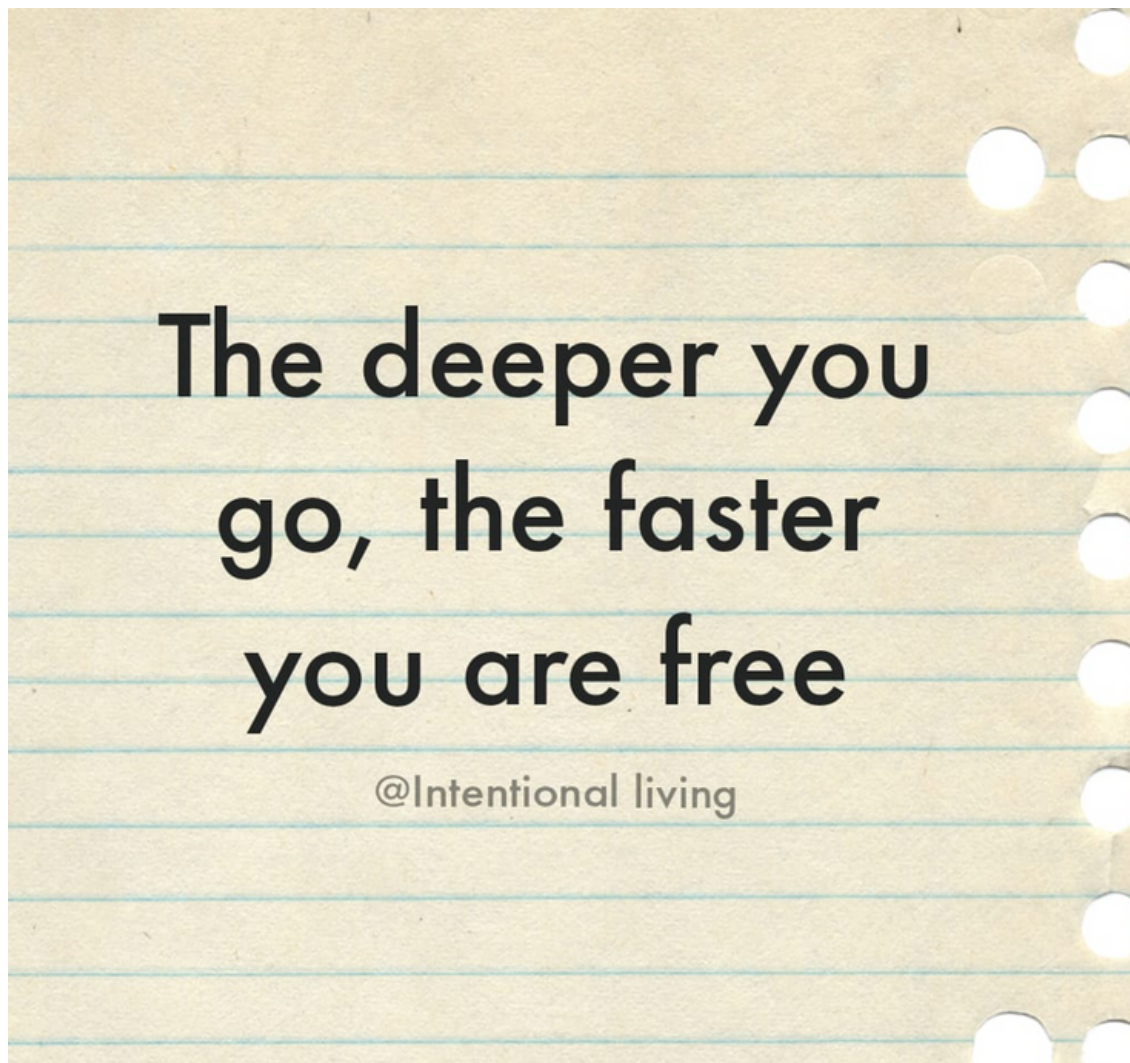


The Iceberg Model

Quote to ponder



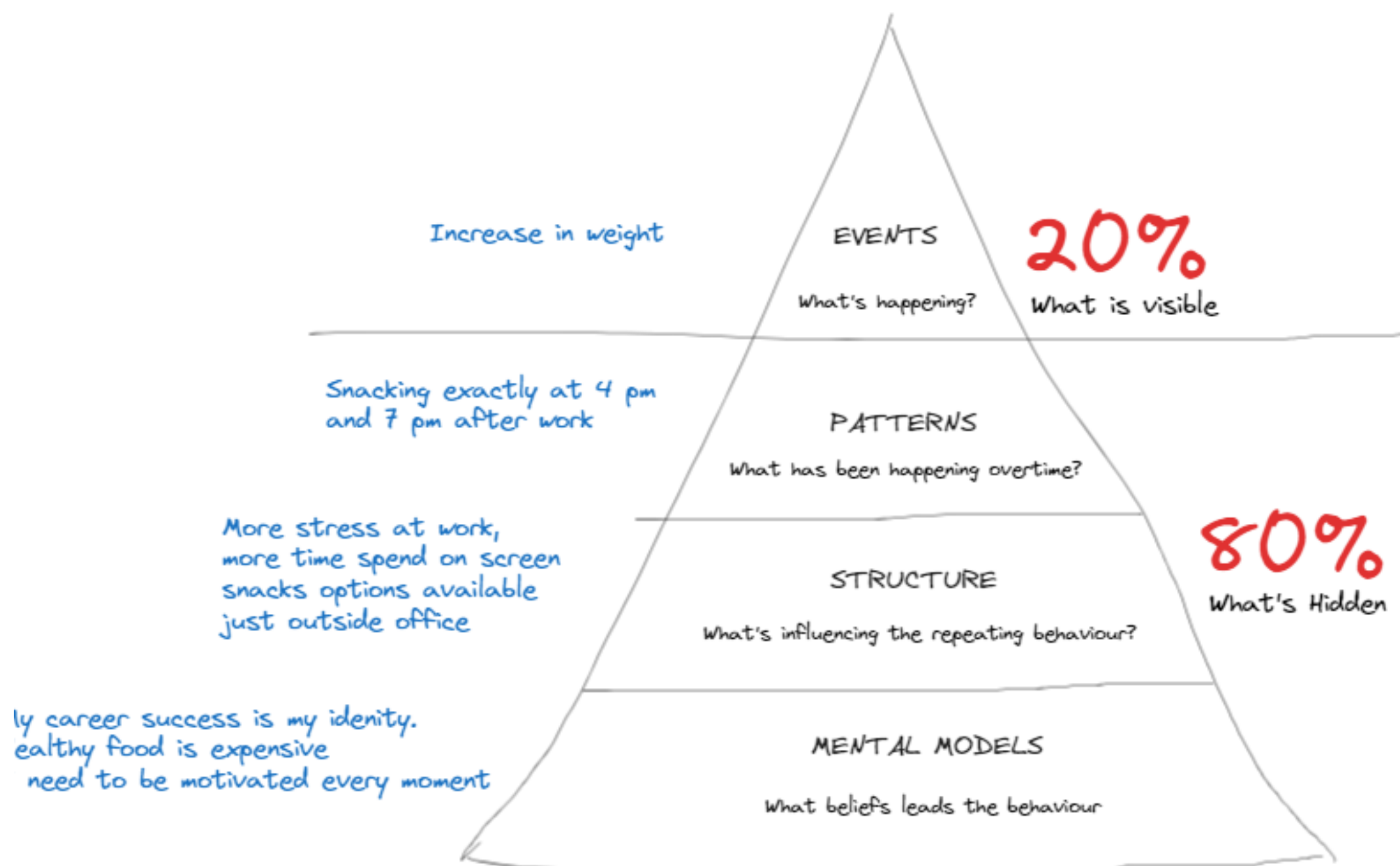
Idea to Consider

A lot of the time, our approach to solving life or business problems is based on the reality that is visible to our eyes. Whereas, the real causes are often hidden from our plain sight.

We make decisions based on events (the situation that occurs to us at that point in time). Hence, many of these problems re-occur in our lives. For example we understand that if we eat too much without proper exercise, we will gain weight, and with an individual event-based approach, we immediately try to solve that by eating less and working out more, which has a limited or no effect on our body weight.

Investigating the problem at the root cause level is an effective way to solve it. Like, why are we overeating, and why are we not exercising?

The iceberg thinking model is a tool that allows you to shift your perspective and see beyond the immediate events, encouraging you to dig deeper to uncover the root causes of why those events happen. It helps you identify and understand the four phases of a problem. They are:



As you can see, by looking beyond immediate events, you are able to find the root cause of a problem. You now have much more leverage for solving the problem.

Cheat sheet to experiment

Office Politics	Identify the trigger points and then dig deep till the mental model phase and find your self-beliefs
Weight issues	Track the eating patterns, causes of over eating and then dig deeper to find your beliefs.