



Jarvis Buchanan

Supporting Tactics

The 5 "Why's" Method





About the Author

Jarvis Buchanan is a twenty-year Army Veteran with a natural passion for motivating others. His military career is only exceeded by his passion for helping youth and adults become the greatest version of themselves. Live to Never Lose Again is a part of a larger whole under his company LeadershiPsych, developed in 2022. LeadershiPsych is an online learning company that takes the lessons learned from Live to Never Lose Again and incorporates them into online instruction for accountable, continuous education toward achieving personal aspirations.

Jarvis believes that it is possible to mold personal passions into your tool to combat life challenges. Life is filled with complications and variations of problem sets that can make or break people. LeadershiPsych specializes in helping you manage the only consistent thing in life, change. Together we break habits, thought patterns, and condition a new mindset, centered around your passion.

In addition, he has authored three children's books titled "I Dream in Color". All three are motivational tools, inspired by true events, military history, and his personal passion to inspire change. "I Dream in Color" is meant to be a fun way of educating children about history. These short stories capture the essence of character, by looking at the world through the eyes of minority military heroes. The child understands that without reaching, impacting, and positively influencing those in need, he cannot fulfill his passion. It is his intention to help save a life, and that is the "why" behind his inspiration.

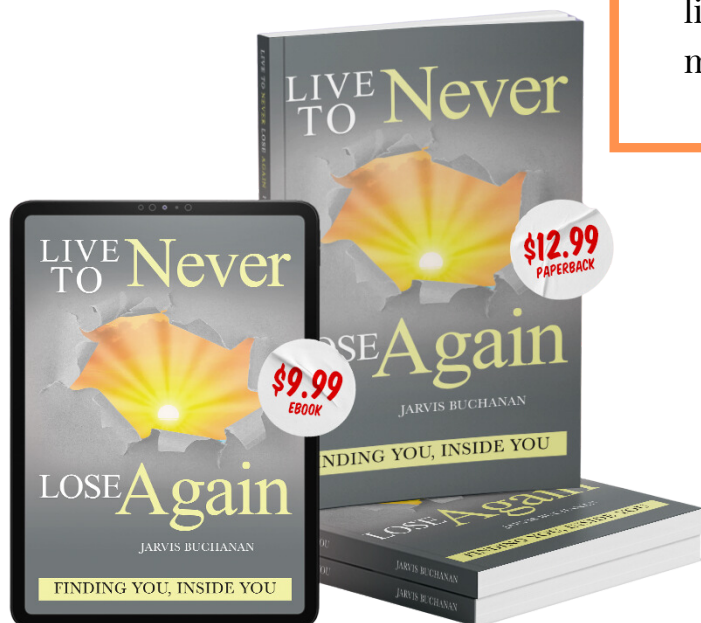
Ultimately, Jarvis desires to be the change that he so much wants to see in a world of uncertainty. His light shines brightest when he is able to influence, encourage and support those in need. Join in his efforts to change the world, one person at a time by sharing his work and endeavors to those you meet.





About the Book

There are points in life when we find ourselves at the end of our rope with no lifelines left. It is these times when we need the most support and feel most vulnerable. To never find yourself here again, I propose you learn to live to never lose again. This is a journey through the inner workings of you. It is a practical approach to never viewing any circumstance in life as a loss but instead finding the lesson that leads to growth. We learn and are conditioned to become carbon copies of our environment and genetics. However, we are seldom taught the strategies of how to change the dynamics of our make up to better tool us for the storms we encounter throughout life. We are all heroes in our own stories. However, life happenings sometimes have a way of causing us to forget our greatness. Live to never lose again is a tool to help you better understand yourself again and provides realistic examples that magnify what makes us unique and remarkable. Dare to live to never lose again, the world is waiting to meet the upgraded version of you.





The 5 "Why's"

The 5 "Why's" Method

Often in life we make decisions based on the opportunities available in the moment. While I do promote living in your moment, as the best version of yourself, I also promote understanding who that person is and how to best move forward in your newfound essence. For this reason, it is imperative that you ask yourself an important question before charging ahead toward the next, new, shiny opportunity. The question is "why". So many of our plans do not work because we fail to ask, and answer, the three-letter question, "why" before we start.

Anything that is worth doing is worth doing right. If you want to invest in the new you, then I challenge you to do it right. Ask yourself if what you are planning is tailor made for the new you or if it is simply the next thing that happened to fall in your lap. As an example, I play dominoes. In dominoes the objective is to score points (also called money), in intervals of 5, connecting to the edges of the dominoes that have been played. Although the game is about scoring points, it is also about strategy. A popular saying around the domino table is that "all money, ain't good money". We use this saying to emphasize to our competitors that, yes, you may score 5 points during your turn, but you could be setting the next player up to score 25 points when it is their turn. My point is that everything that looks good may not be for you and that strategy is key to consistently winning. Evaluate the options and make wise decisions.

LIVE
TO Never

LOSE Again

JARVIS BUCHANAN

FINDING YOU, INSIDE YOU



The 5 "Why's"

The 5 "Why's" Method (continued)

One tool to do this is by using the 5 "why's" method.

The 5 Why's method is a repetitive problem-solving process that strives to get to the core and cause of an issue or problem by asking "why?" 5 times. This is a simple process. First, you state the issue/problem you're facing, and ask "why?" Why do you want to become X? Then, you continue to ask yourself "why" four more times in response to the answer you just gave. Eventually you will come to the root cause of why you are making the decision you are making. Only then can you evaluate whether it is strategic or against your new value system.

Note that you MUST be totally honest with yourself for this assessment to add value, validity and reliability to your Live to Never Lose Again plan.





The 5 "Why's"

EXAMPLE:

1 WHAT DO YOU WANT TO BECOME? Insert what you hope to become or solve below.

2 WHY DO I WANT TO? Insert the answer from question 1.

3 WHY DO I WANT TO? Insert the answer from question 2.

4 WHY DO I WANT TO? Insert the answer from question 3.

5 WHY DO I WANT TO? Insert the answer from question 4.

YOU HAVE FOUND YOUR "WHY"