

Reality Scan

See what's really going on

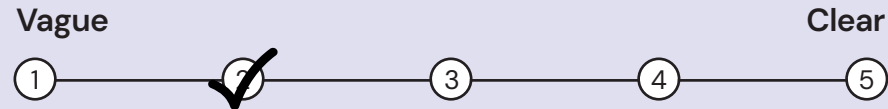
What is the situation, idea, or solution?

Reduce phone use in the evening

2 parents and 2 kids in household

Clarity

This is clear
The reason is clear
The goal is clear



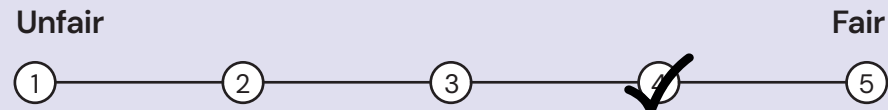
Facts

This is based on facts
What is unknown is clear
The reasoning makes sense



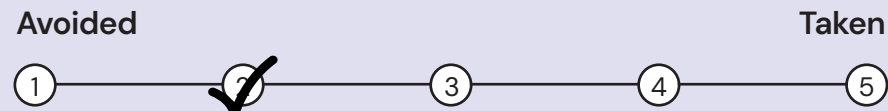
Fairness

People treat each other fairly in this
No one is harmed by this
Interests are taken into account



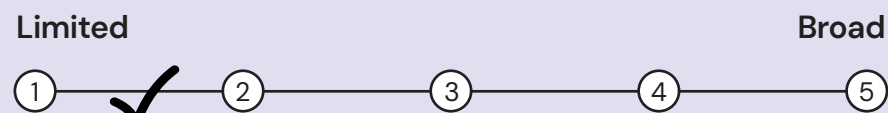
Responsibility

It is clear who is responsible
That responsibility is taken
This can be checked



Reach

This works for everyone and everything
This works everywhere
This works over time



What is my next step?

And how? When? With whom?

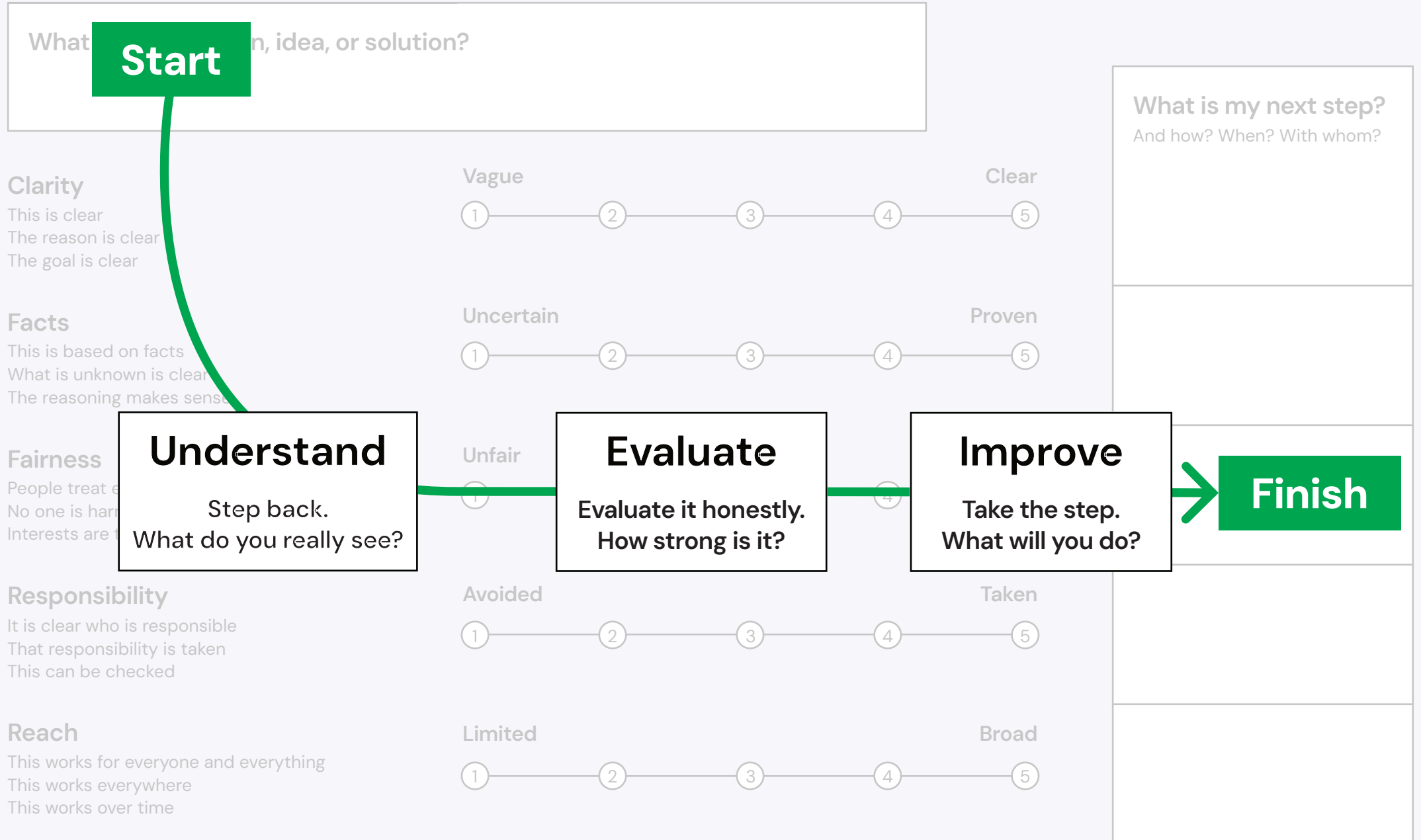
Phone in basket at 9 PM, test for 5 days, at home

Remind each other at 9 PM, every evening, together

Use the rule outside home, test for 1 week, together

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Do it yourself

The Reality Scan form is a structured tool for self-reflection. It is divided into two main sections: 'What is the situation, idea, or solution?' and 'What is my next step?'. The first section contains seven categories, each with a horizontal scale from 0 to 100. The categories are: Clarity (Scale: 0 to 100, with 'Clear' at 100), Facts (Scale: 0 to 100, with 'Present' at 100), Fairness (Scale: 0 to 100, with 'Fair' at 100), Responsibility (Scale: 0 to 100, with 'Taken' at 100), and Reach (Scale: 0 to 100, with 'Broad' at 100). The second section, 'What is my next step?', has a box for 'Next step' and a box for 'When to start'. The form includes a logo for 'leapmakers' at the bottom right.



Step 1: Scan individually

This is a duplicate of the Reality Scan form described above, used for individual scanning.



Do it together

More perspectives, a sharper view

Step 2: Compare your views

This stage shows two Reality Scan forms side-by-side. The top form is the original one, and the bottom form is a duplicate. The bottom form has a 'Reality Scan' label above it. The forms are used to compare individual perspectives.



Step 3: Agree on everyone's next steps

This stage shows two Reality Scan forms side-by-side. The top form is the original one, and the bottom form is a duplicate. The bottom form has a 'Reality Scan' label above it. The forms are used to agree on everyone's next steps.



Reality Scan

See what's really going on

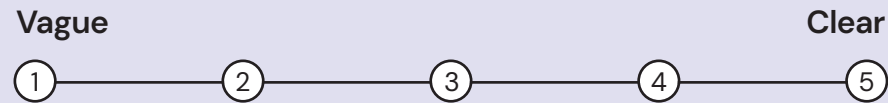
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What is my next step?

And how? When? With whom?

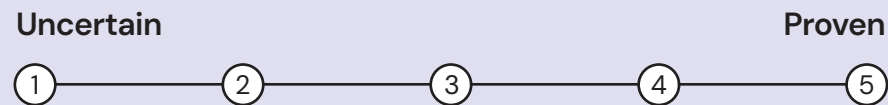
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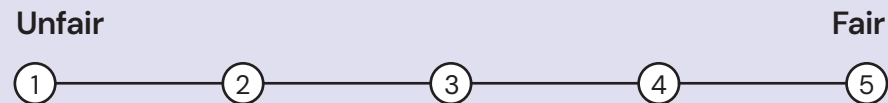
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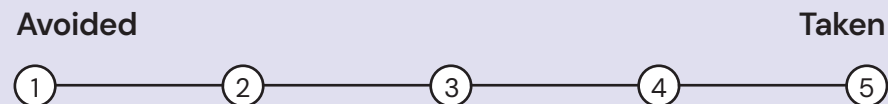
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