



3-Week Good Explanation Sprint

This is structured to *install* the ability to generate hard-to-vary, deep explanations into a leader's real work, not just as a theory exercise.

Each week builds on the last:

- **Week 1** → Spot & dissect explanations (awareness)
- **Week 2** → Build and stress-test good explanations (skill)
- **Week 3** → Apply in live strategy and capture learning (habit)

Week 1 — Awareness: Seeing Explanations for What They Are

Goal: Train your “explanation radar” — tell good from bad without hesitation.

Daily Micro-Drills

- **Spot & Label:** In meetings or reading, jot down 1–2 explanations you hear. Mark each G (good) or B (bad) and why.
- **Ad Hoc Detector:** When you hear an explanation, ask yourself: *If I swapped part of it for another story, would it still fit the facts?* If yes → it's bad.

Weekly Core Activity

- **Explanation Autopsy:** Choose a past strategic decision that didn't work. Break down:
 - The original explanation for the decision
 - Which assumptions were testable vs ad hoc
 - How a “hard-to-vary” explanation would have looked
- **Output:** A rewritten, stronger explanation as if you were making the call today.

Week 2 — Skill-Building: Constructing Good Explanations

Goal: Build depth, precision, and reach into your reasoning.

Daily Micro-Drills

- **Mechanism Mapping:** Pick one claim you believe, draw the causal chain of how it works, and see if changing any part breaks it.
- **Prediction Stretch:** For every explanation, list 2–3 new, testable predictions it makes beyond the original fact.

Weekly Core Activity

- **Constraint Builder Workshop:**
 1. Take a current strategic challenge.
 2. Draft your best explanation.
 3. Add constraints until *changing any detail breaks the explanation*.
 4. Check that it applies to more than this one challenge.
 - *Output:* One solid, hard-to-vary explanation ready for a real-world test.
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Week 3 — Application: Embedding in Live Leadership

Goal: Make “good explanation first” your leadership reflex.

Daily Micro-Drills

- **Explanation Gate:** In any decision-making conversation, pause before solutions and state:

“Here’s our current best explanation of what’s happening, and why it’s hard to vary.”

- **Refutation Invite:** Proactively ask your team: “What would make this explanation fail?”

Weekly Core Activity

- **Live-Fire Test:**
 1. Present a current strategic explanation to your leadership team or board.
 2. Invite deliberate stress-testing (counter-examples, alternate hypotheses, missing mechanisms).
 3. Capture surviving elements as functional knowledge; rewrite weak parts.
 - *Output:* One explanation that has survived hostile questioning and is now ready to guide action.
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Tracking Progress Across 3 Weeks

- Increase in **speed of spotting** weak explanations
- Increase in **depth and specificity** of your own explanations
- Frequency with which your explanations make **accurate, testable predictions**
- Visible cultural shift: others start using “good explanation” language without prompting