

Theory of Change and Logical Framework

E-book summary

Theory of Change and Logical Framework is a practical e-book that helps teams in Social Sector Organizations, coordinators, proposal developers, and consultants turn a project idea into a coherent, verifiable design they can confidently explain to a donor.

[The e-book is based on one central idea:](#)

The Theory of Change explains how and why change is expected to happen. The Logical Framework organizes the project's commitments and how their achievement will be verified. Both must tell the same story.

The aim is to help readers think through the problem before proposing activities, define verifiable results, adapt the design to the context, and connect the narrative to the matrix. The process combines an initial assessment, four work modules, and a final independent application exercise.

1. The problem this e-book addresses

Many organizations understand the problem they want to address but find it difficult to turn that knowledge into a clear Theory of Change and a consistent Logical Framework.

This difficulty appears when the team:

- Starts with workshops, training, or distributions before defining the problem.
- Confuses activities and outputs with the changes it hopes to achieve.
- Promises results without suitable indicators, targets, or feasible means of verification.
- Uses generic assumptions that do not help identify risks.
- Copies other project designs without adapting them to the context and stakeholders.
- Presents a narrative and a matrix with inconsistent results or figures.
- Treats every donor format as a reason to start again from scratch.
- Cannot explain why its intervention could produce the proposed change.

The e-book addresses this gap through a process that connects the problem, results, context, and evidence. Readers can then explain their design choices and identify contradictions before submitting a proposal.

2. What you will build

After completing the exercises, readers will have a well-supported Theory of Change and a coherent Logical Framework within an integrated proposal, with clear links between the problem, results, indicators, assumptions, and activities.

The main deliverables are:

Deliverable	Status
1. Initial assessment and baseline worksheet for the Maturity Assessment	☐ Complete
2. Problem statement with the affected population, scale of the problem, and evidence	☐ Complete
3. Results Framework with indicators, baselines, targets, and means of verification	☐ Complete
4. Reviewed core design — Individual Session 1, 90 minutes	☐ Complete
5. Context Map covering stakeholders, risks, and design adjustments	☐ Complete
6. Traceability Matrix connecting the narrative, results, indicators, and activities	☐ Complete
7. Integrated Proposal with a consistent Theory of Change and Logical Framework	☐ Complete
8. Final independent application exercise and Maturity Assessment comparison — reviewed in Individual Session 2, 90 minutes	☐ Complete

The first individual session reviews the strength of the problem definition and results before the reader moves on. The second provides an external review of the final exercise and helps identify improvements and issues to address in the next project.

The outcome is a design readers can explain, review, and adapt to different donor requirements, together with a process they can use in future proposals.

3. How IGROW guides the process

IGROW structures the process so that each learning point leads to a design decision and a concrete deliverable. The outputs of one module become inputs for the next.

IGROW stage	How it applies in this e-book
I — Intention / Issue	Identifies the design problem to solve and clarifies the change the project aims to produce.
G — Goal	Defines the deliverable for each stage: problem statement, results, context analysis, and integrated proposal.
R — Reality	Examine the starting point through the Maturity Assessment, available evidence, and actual project constraints.
O — Options	Uses exercises, templates, and matrices to compare alternatives, adjust assumptions, and choose a feasible, verifiable design.
W — Way Forward	Completes and reviews each deliverable, connects it to the next, and applies the process independently in the final exercise.

4. What this e-book promises

This e-book does not guarantee proposal approval or that every expected change will occur. Its promise concerns the quality of the design and the reader's ability to support it with sound reasoning, evidence, and verifiable commitments.

After completing the process and exercises, readers will have a Theory of Change and a Logical Framework that complement each other. They will understand what each tool contributes and be able to adapt them to donor requirements without losing the project's coherence.

The e-book turns an intervention idea into a design that explains the problem, the intended change, the conditions needed for that change, and how results will be verified.

This helps readers move from saying:

"We have the activities and completed forms, but we struggle to explain how they will produce the change we promise."

To say:

"We know which problem we are addressing, why we chose this intervention, what results we expect, and how we will verify them. Our Theory of Change and Logical Framework tell the same story."