



37 Questions to Get Unstuck and Set Yourself Free!



Life Coach
on the Go!

bite-sized wisdom for busy people

Are you stuck on a goal or problem and not seeing options or choices? Liberate yourself with the questions below!

What is it that you want? What would be your ideal outcome? Take a moment to get very clear in your mind (write it out if possible) what being unstuck would look like. Now continue.

Identifying Options - So now you know what you want, answer these questions:

- ☆ What *specifically* have you done so far? What worked and what didn't?
- ☆ What do you *have already* (eg. skills and resources) that could move you forwards?
- ☆ What *research* could you do to help you find the first (or next) step?
- ☆ What do you need to do before you do *anything* else?
- ☆ *Who else* could you ask for help in achieving your goal?
- ☆ If you were *at your best*, what would you do right now?
- ☆ What would you do if you were *an expert* in (the area of your goal/problem)?
- ☆ What would you advise your best friend to do if they were in your situation?
- ☆ What would your best friend advise you to do?
- ☆ What would (someone who inspires you) do in your situation?
- ☆ If you had a choice what would you do?
- ☆ What if you had as much time as you needed?
- ☆ What if money were not an issue?
- ☆ Imagine *you're fully confident* in your abilities, what could you do?
- ☆ Imagine *you're fully confident* that others will support you. Now what could you do?
- ☆ What other angles and options have you not thought of yet?
- ☆ What is an impossible option?
- ☆ What is the decision you have been avoiding?
- ☆ If you (secretly) knew the answer to getting unstuck, what would that be?

Taking Action - Look at the list of ideas and options you now have:

- ✓ What would be the *smallest* or *easiest first step* for you?
- ✓ Which options or actions *grab you*?
- ✓ How could you make the tasks/actions *more enjoyable* or fun?
- ✓ *Who else* could help you in completing your action/s?
- ✓ What's one action you could take in the *next 10 minutes*?
- ✓ What are *three actions* you could take that would make sense *this week*?
- ✓ Let's imagine you have found a magic lamp. You pick it up and absent-mindedly begin to stroke it. What's that? I think it's talking! Now, as you listen, I wonder what action it tells you to take?

Commitment - Do something! Now choose your actions:

- 1 When *specifically* will you do your action/s? Include the day AND time.
- ✓ On a scale of 1 to 10, how likely are you to complete each action?
- If it's below an 8, then ask what is stopping you from completing the action - and make this your first action.
- ✓ How do you normally sabotage yourself - and what will you *do differently* this time?
- 👤 How will *I know* you've completed your action/s?
- 👤 Who will you tell about your actions (to support you in completing them)?
- 👤 What *specifically* will you ask your supporters to do for you?
- 👤 Tell me how you'll *feel* once you have completed your actions?
- 👤 How will you *reward yourself* when you complete your actions?