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 **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:

- 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?