



Powerful Questions For When You're Stuck

What is it that you want - What would be your ideal outcome? Take a moment to get very clear in your mind (or on paper!) what being unstuck would look like before continuing.

Identifying Options - Now that 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 forward?
- 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 does your Future Self say about this choice?
- 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 (because sometimes we feel like we don't), what would you do?
- What if you had as much time as you needed?
- What if money were not an issue?
- Imagine you are fully confident in your abilities - what could you do?
- Imagine you are 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?