



## 37 Questions to Overcome Obstacles!

**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** - 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 (e.g. 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?
- ☆ Whom 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, what action does it tell 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?