



# 5 QUESTIONS TO GET UNSTUCK

## A COACHING BLUEPRINT® GUIDE

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## **What are the benefits of being stuck?**

*Consider any benefits you might get from identifying as “a stuck person.” Is there any way that you (subconsciously) want to stay stuck? Or, consider any benefits that come from being stuck such as delays that might cause you to pause and reconsider or think outside the box.*

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## **If you could have it any way you want it, how would you want it?**

*If the limitations were removed, if you were the most confident person in the world, if you knew that somehow it all would work out, if the conditions were ideal...*

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## **What's the larger context of this situation, amid your overall life?**

*Everything in life is temporary—including our frustration with a particular situation. In the larger context of your life, will this be just a blip? Is there any way to see this situation differently, if we look at the bigger picture?*



## **Which choice best supports the person you are trying to grow into?**

*The person you are now might feel overwhelmed and stuck among multiple options, so consider who you are trying to become? What would future you pick, to become that person? What choices need to be made now, to pave the way for that future you?*



## **What would create more ease right now: staying put and waiting, or choosing an option?**

*There is no right answer to this question. Sometimes we need to choose what is most easeful. Sometimes staying put is a great choice. And other times, we need to move into the discomfort and choose a specific option and accept the consequences.*

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