



5 QUESTIONS TO GET UNSTUCK

A **COACHING BLUEPRINT®** GUIDE

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GETTING UNSTUCK

5 QUESTIONS TO START MAKING SHIFTS.



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I'm Kate Swoboda. I help people stop getting stuck in their fear, and step into self-confidence. I became a [life coach](#) in 2006, growing my practice at YourCourageousLife.com.

Since that time, I've written books ([The Courage Habit](#) and [100% Fully Alive](#)) and become Director of Training for the [Credentialed Life Coach Collective](#).

It's really hard to feel stuck--and almost everyone thinks that they're doing something "wrong" when they feel so stuck. Instead of staying there, let's get into compassionate inquiry questions that help you see alternative possibilities.

Let's get started!

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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...write out your answer to this question, to start honing in on your deeper desires.



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

Everything in life is temporary—including our frustration when we feel stuck. Maybe you're feeling so stuck because you're giving this issue out-sized importance. In the larger context of your life, will this situation 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?

If multiple options are on the table, consider who you are trying to become. What would “future you” choose, to become the person you really want to be? What choices need to be made now, to pave the way for that future you?

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Are there any hidden “benefits” to staying stuck?

Is there any way that you (subconsciously) want to stay stuck? Sometimes, for instance, we procrastinate because that’s easier than the pressure of taking action. If you’re stuck in perfectionism, could a “benefit” be that then you get to feel more in control?



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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The first life you change, will be your own. We're a life-changing program, for life-changing coaches.

When you're tired of settling in your career--settling for being at the mercy of corporate layoffs, poor leadership, and pretending to be excited about the latest (time-wasting) new initiative.

When you're tired of settling in your life--wanting to do something purpose-driven, rule your own time, and bring in more cashflow while also growing who you are.

It's hard to feel fed up. It's scary to make changes.

That's why the backbone of our program is courage.

We're an ICF-Accredited life coach program, that combines elements of a personal growth mastermind with a training curriculum that will set you up to excel as a coach.

Courage + Coaching + Connection are where it's at. Where would you like your life and career to be, one year from now?

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