



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.

5 QUESTIONS TO GET UNSTUCK



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...



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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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?

<https://TeamCLCC.com>