



37 Questions to put your goals into Action!

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* (eg. 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?
- 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 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, I wonder what action it tells you to take?

Commitment - Do something! Now choose your actions

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?