

# 10 QUICK COACHING QUESTIONS TO UNSTICK YOURSELF

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GET CLARITY, REGAIN MOMENTUM AND MOVE FORWARD - NO MATTER WHAT  
THE PROBLEM, THESE QUESTIONS CAN OPEN DOORS IN YOUR MIND TO  
UNCOVER THE ANSWERS THAT WERE WITHIN YOU ALL ALONG.

TAKE YOUR TIME, JOURNAL YOUR THOUGHTS, AND GET READY TO BECOME  
UNSTUCK

1. WHAT IS THE PROBLEM YOU ARE DEALING WITH RIGHT NOW? Define it in full
2. WHAT'S **REALLY** THE PROBLEM? There's always underlying issues, and identifying them is the first step to solving them
3. WHAT IS THE BENEFIT TO YOU OF STAYING STUCK? There's always a trade off... for instance "if I quit smoking I will gain weight from snacking" - you don't want to gain weight so you keep smoking. Work yours out now - then deal with it.
4. WHAT HAVE YOU TRIED TO SOLVE IT ALREADY? Why haven't these solutions worked?
5. WHAT WOULD YOU TELL A FRIEND IN THE SAME SITUATION? Be kind to yourself as you would be kind to a friend.
6. IF YOU COULDN'T FAIL, WHAT WOULD YOU DO TO SOLVE IT? Think outside of the box - take it as guaranteed that you won't fail - what would you do?
7. WHAT THREE STEPS COULD YOU TAKE TODAY TO SOLVE IT? Think practical and immediate
8. WHAT RESOURCES DO YOU NEED? Are these time, money, or even people? Can you assemble them?
9. WHAT PROBLEM SOLVING OPTION DO YOU LIKE THE MOST? Pick your favourite option from the three you wrote earlier.
10. IMAGINE YOU SOLVED THE PROBLEM - WHAT OPTION DID YOU CHOOSE?

NOW IT'S TIME TO GO OUT THERE AND SOLVE THAT PROBLEM!

Connect with Kate on LinkedIn at Project Transform Coaching, follow Project Transform Me on Facebook or email [kate@projecttransformcoaching.com](mailto:kate@projecttransformcoaching.com) for a 1-2-1 coaching session.

*TRANSFORMATION STARTS HERE*