

6 questions to move you forward

Problem

When you're
STUCK
on something

When you feel
like you aren't
making
PROGRESS

When you feel
FRUSTRATED
with something

In moments
when you feel
CHALLENGED

When you're
STRUGGLING
with something

Whenever
something
feels
DIFFICULT

Question to Ask Yourself

"What's one small step I can take
to move forward,
even if it's imperfect?"

"What's one thing I've already
learned or improved
that I'm not noticing right now?"

"What am I assuming
about this situation
that might not be true?"

"What skills or tools
do I already have
that could help me with this?"

"Who can I ask
for help or insight
to get a fresh perspective?"

"What can I learn from this
that will help me next time?"

Why It's Helpful

This encourages us to break down the
problem into manageable actions.

This shifts our focus to progress we've
made, building momentum and self-
awareness.

This encourages us to reflect on limiting
beliefs or perspectives.

This reframes the situation to focus on
our strengths rather than on obstacles.

This shifts our attention from self-
reliance to leveraging external support.

This turns difficulty into an opportunity
for our growth and long-term
resilience.