

The Five Questions to Ask When You're Feeling Stuck

Prepared for prospective clients who need to get moving (but aren't)

What to understand: it's normal, and it won't always be like this

We all get stuck. Even the most accomplished of us finds themselves at crossroads, or facing complex challenges, or even with significant emotion. At those moments, clarity in our thinking and finding a good way forward seem distant, or even impossible.

However, by asking some helpful questions in an ordered fashion, you can regain focus and find a way forward. We've put some such helpful questions below, in a structure to guide you, derived from our and our other clients' experiences.

Many of our clients often find that working this process through also sees them achieve profound insights and, for some, even make transformational progress in other areas of their lives.

1. What is most important to me right now?

This is a question that both speaks to – and asks you for - your core values, as well as the most pressing requirements of your current context.

Making these explicit helps you cut through the noise and any emotion, regaining a sense of direction and focus. It's like getting the map to where you need to go.

If you're reading this question now and are stuck, why not take 3 minutes to answer?

My top 3 core values are:

1. _____
2. _____
3. _____

The most pressing requirements are:

1. _____
2. _____
3. _____

Note: for potential clients who don't yet know or can't say to themselves succinctly what their core values are, we recommend doing a values exercise.

2. What are the constraints holding me back?

Some constraints will be obvious and explicit: external pressures and organisational dynamics that you could easily describe if asked. These are speedbumps and you can already plan for them.

Then there are unspoken internal beliefs and limiting assumptions. These constrain our thinking and the actions we allow ourselves to contemplate. A safe space, judgment free, often allows us to bring them to light and create space for new possibilities.

If you think you may have unspoken constraints, who can you explore them with? When can you start? (The sooner you start, the sooner you are able to progress. So...)

Who? _____ When? _____

3. What is the very smallest action I can definitely take to create movement?

There are times when the magnitude of what we're facing or feeling can overwhelm us, leading us to simply stop, or go in an endless loop.

This question reframes things. Once you know the small step you can assuredly take, you've started forward, broken the loop, and started progress. The next tiny step will contribute to more, eventually unstoppable, momentum.

What is the smallest action you can definitely take? When can you take it?

What? _____ When? _____

4. How can I reframe this situation to see new possibilities?

Our perception shapes our reality. This means that reframing our situation is another tool for moving forward – even with limiting assumptions in the way.

We reframe by looking at the situation from a different angle.

A highly successful 3-step reframing process (that we use for our clients) works like this:

1. visualise yourself as actually being in a different role in the situation, or having more resources – or even no constraints
2. what can you do, within that visualisation-persona, that is different?
3. step back to yourself, and ask: what aspects from step 2 can I apply, indirectly or directly?

5. What support do I need to move forward, and what do I have?

Very few people achieve significant success. This two-part question helps you identify what you need, and identify what you have.

When answering it, think about the resources (time, money, and people), relationships, and expertise that you need, and that you have. This shows you the gaps to fill, which –

after the above questions - completes your preparation. You can then confidently start on your journey, not just becoming unstuck, but moving in an meaningful direction.

Resources I need:

Time _____

Money _____

Advice _____

Other _____

Resources I have:

Time _____

Money _____

Advice _____

Other _____

Forwards, upwards, and not alone

Feeling stuck is not a sign of weakness, but a natural part of progressing to becoming more. By asking yourself these five questions, you can transform being stuck into becoming more' - and achieving more - of what truly matters to you.

If you would like a safe space to explore and a coach to partner with you in this journey, we invite you to contact us. All engagements are conducted under strict confidentiality.

Please reach out using our contact form at www.sherbornemc.com.

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