

## *21 Questions To Get You Out Of Your Stuff* AND READY TO TAKE ON THE WORLD

1. How could you turn this around?
2. What would you have to believe to make (solution) possible?
3. What do you really want?
4. What's this really about?
5. What's preventing it/you?
6. How will you change this?
7. What would be the easiest solution now?
8. Where could you be more gentle with yourself?
9. What do you need to let go of to achieve this?
10. What are you tolerating?
11. Where could you find the resources you need?
12. What's happening that makes this ok?
13. What would you need to believe for this to be different?
14. What are you choosing to let get in the way?
15. What won't happen if things don't change?
16. What will happen if things change?
17. What won't happen if things change?
18. What will happen if things don't change?
19. When you achieve this, what will that give you/them?
20. How would someone you admire approach this?
21. What advice would you give to your child if this were their challenge as an adult?