

From Stuck to Moving Forward

Sometimes people get stuck in their journey, so it is up their mentor to ask the right questions to help them get unstuck and take the next step.

Mentors are called to encourage people to achieve their goals and the vision for their life. Mentors don't need to be experts in an area to help another person achieve their goals/vision. Mentors can add great value to a person by simply asking the right questions and challenging the strategies, beliefs and choices a person is making.

Moving Forward Questions

1. **Where are you now?** - Present reality
 - What is happening right now?
 - What, who, when & how often?
 - What is the effect/result of that?
 - What if this or that constraint were removed?

2. **Where do you want to be?** - Desired goal
 - How will you know you have achieved this goal?
 - What evidence will there be?

3. **What strategies do you have to get there?** - Tools, resources, team etc
 - What are the benefits and downsides of each option?
 - What could stop you moving forward and how will you overcome it?
 - Will this address your goal?
 - How likely is this option to succeed?

4. **What change needs to happen in you to achieve the desired goal?** - Personal change
 - Are there areas in your personal life that are holding you back?
 - Are there other factors in your life inhibiting you achieving the goal?
 - How likely is this option to succeed?
 - If you could change one thing about you, what would it be?

5. **What is your next best step?** – immediate best action
 - So what will you do now.....and when?
 - What else will you do?

6. **Celebration of successes** – Celebrating the win
 - How have you celebrated your success of moving forward?

7. **Where else do we want to be?** - New desired state & goal
 - Start the process again