



Great Questions to Move People Forward

Helping others identify their emotions related to a situation can help them shine like a North Star. Often, people don't allow themselves to feel, which only adds to their spin. Help them slow down their spin with these questions..

Stuck



What advice would you give yourself?
If you let go of this story, what could happen?
What do you need to let go of?
What do you need in order to move forward?

Over-whelmed



What one challenge is weighing on you the most?
What can you control?
What is the first step?
How have you managed another time when you were overwhelmed?
Where do you want to be a week/ month from now?