



4 Questions to Get Unstuck

*Help with your difficult decision
+ bonus mini-practice*

Before answering the questions:

Name all the options/potential scenarios available to you at the moment. Don't forget to also include "no decision". Reflect on the questions below (for each of the options separately, where applicable).

Question 1: Behind the Urgency

If there was no urgency to decide, what becomes available?

Question 2: Identity

What kind of a person do you become by choosing [one of your options]?

Question 3: Perspective Shift

Imagine someone who knows you well and wants your long-term well-being — what would they notice here?

Question 4: Cost of Delay

If nothing changes (you do not decide anything) for five more years, what happens?

BONUS mini-practice:

Toss a coin where each side represents one of your options (potential choices):

- which side do you notice you want to come up?

Want to go deeper?

Book your free intro call on my website.

Looking forward to meeting you.

<https://treelinecoaching.com/>

