

THE CARTESIAN QUESTIONS

THESE 4 QUESTIONS ARE DESIGNED TO HELP YOU GET A NEW PERSPECTIVE ON AND AN UNDERSTANDING OF WHAT INSPIRES AND BLOCKS YOU IN RELATION TO A SPECIFIC DECISION OR GOAL.

THINKING ABOUT A SPECIFIC AREA OF YOUR LIFE WHERE YOU FEEL STUCK/WANT TO MAKE SOMETHING HAPPEN, ANSWER EACH OF THESE QUESTIONS IN TURN. IT MAY TAKE A WHILE FOR AN ANSWER TO COME. DON'T STOP AT THE THOUGHT THAT COMES. KEEP ASKING YOURSELF "AND WHAT ELSE?":

1. WHAT WOULD HAPPEN IF YOU DID MAKE THAT CHANGE?

THIS QUESTION HELPS YOU VISUALISE YOUR GOAL FULFILMENT - INCREASING MOTIVATION.

2. WHAT WOULD HAPPEN IF YOU DIDN'T MAKE THAT CHANGE?

THIS QUESTION HELPS YOU IDENTIFY THE PAIN OF STAYING WHERE YOU ARE WHICH CAN BE POWERFUL.

3. WHAT WOULDN'T HAPPEN IF YOU DID MAKE THAT CHANGE?

THIS QUESTION HELPS YOU UNDERSTAND WHAT YOU LOSE IF YOU ACHIEVE YOUR GOAL

4. WHAT WOULDN'T HAPPEN IF YOU DIDN'T MAKE THAT CHANGE?

THIS QUESTION CONFUSES OUR CONSCIOUS MIND SO CAN BRING FRESH PERSPECTIVE AND UNLOCK INTUITION

I wonder what you learned? What surprised you? What do these responses mean for your motivation now? I hope this was a helpful exercise and if you would like any more help then please don't hesitate to get in touch at emmajefferys@me.com

