

## *Some Questions to Ponder*

It can happen to any of us – the feeling of being stuck in a rut, plagued by problems of one sort or another, and prone to make the same mistakes repeatedly.

Here is some advice from life coach and author Shannon Kaiser, who believes that before you can start moving in a more productive direction, you must gain perspective. Take some time to analyze the situation you are in and then ask these nine questions of yourself and really contemplate the answers:

1. What life lesson is this situation revealing to me?
2. Is there other information I have ignore or misinterpreted?
3. What truth have I not admitted to myself?
4. What are the things that I am afraid of?
5. How is that fear holding me back?
6. What are some strengths and skills that I could be using but haven't been?
7. How can I grow from this experience?
8. What do I want the outcome to be?
9. What things about myself do I need to commit to change so that I can achieve my desired outcome?

Perhaps these questions will help you deal with whatever condition or circumstance that may be holding you back.

Coming to the end of the first quarter and looking toward the remainder of the year, now is a good time to take stock and proceed toward our goals.

– Beecher Hunter