

Questions to Ask Before You Quit

GoSkills online course syllabus

Skill level

Beginner

Lessons

16

Pre-requisites

No prior experience needed

Video duration

37m

Estimated study time

37m 50s

Instructor

Sam Bennett

Introduction

- 1** How do you know?
Sometimes, things just aren't going to work out.

Questions to Ask

- 2** Would you do it again?
Information is key, and as you move through a process, you learn more.
- 3** Would you stay?
Being aware of your emotional state allows you to more appropriately evaluate a path forward.
- 4** Is it hard, or is it harmful?
When you feel like quitting or giving up, it's important to consider where your frustrations are stemming from.
- 5** What are your YES and NO voices saying?
You likely have a voice in your head telling you to persevere through the challenge.
- 6** What values are influencing you?
With your different perspectives and the decision you're weighing, it's likely for the decision to be influenced by your values.
- 7** Could money alone solve it?
If you had all the money in the world, you'd be able to do anything, right?

8 Could people alone solve it?

Involving or adding more people could be another way to solve your problem or overcome an obstacle.

9 What would be different now?

Considering what you would've done differently when reflecting on the past is a helpful tool to evaluate impact.

10 How would you feel?

Reflecting on how you might feel if you failed or gave up can give you a sense of what's important to you.

11 What does this situation remind you of?

Contextualizing a situation and the similar elements it shares with past challenges or obstacles can help you identify what specifically might be exciting or challenging for you.

12 Who might you be without this problem?

If you didn't have this problem or situation, what would alleviating that weight allow you to do instead?

13 What if you could make this decision?

Considering your potential when it comes to decision making is helpful to zoom out from what's directly in front of you.

14 What if this just isn't a problem?

Is this situation or obstacle truly a problem for you? After this lesson, you'll be able to evaluate if what you're facing is genuinely a problem.

15 What are your next three steps?

Whatever decision you make, it won't be your last one. After this lesson, you'll be able to determine what steps you can plan on taking next.

Conclusion

16 Onward and upward

Now that you're able to ask yourself these questions, you should feel confident in your ability to evaluate if the time is right to give up.

[Go to GoSkills.com](https://www.goskills.com)