Expand Your Mind! With the Cartesian Questions

Solution Creator
Identify | Release | Create

Get New Perspectives on Your Goals and Decisions with The Cartesian Questions: Are you committed to your goals? Are you struggling to get or stay motivated? How do you know if it's the right goal or decision for you? Where are you getting in your own way? This exercise helps you expand your mind with critical thinking. Get inspired with new perspectives and ideas - as well as identify areas where you may be self-sabotaging.

Instructions:

- Answer the questions below in the order 1-4 starting top left. Please note that the questions may seem strange or repetitive - and that's OK.
- Allow plenty of time to really think and feel into each question, especially question 4 which can confuse your conscious mind!
- When you think you've finished answering each question, take a moment to dig deeper and ask yourself, 'What else?'.

Finally, even though you give full consideration to each question, you may find that one question sticks or it may be days or even weeks before the answer 'kicks in'. So, don't worry if you don't have an answer right away.

Now you're ready to answer the 4 questions below. If it helps, write your goal or decision on the line above the quadrants:

If I DO *Write Your Goal or Decision here* _____ **If I DON'T** *Write Your Goal or Decision here* _____

What WOULD Happen

What WOULDN'T Happen

Consequences

1) What WOULD happen if you DID make this change?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

HIGH Impact, LOW Effort

3) What WOULD happen if you DIDN'T make this change?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

HIGH Impact, HIGH Effort

2) What WOULDN'T happen if you DID make this change?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

LOW Impact, LOW Effort

4) What WOULDN'T happen if you DIDN'T make this change?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

LOW Impact, HIGH Effort

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Background: The Cartesian Co-ordinate questions are based on a mathematical model created by philosopher Rene Descartes (1596-1650). Descartes said that a theory must be proven 4 different ways, called the Cartesian Coordinates. These quadrants are represented by the mathematical values: [+ +]
[+ -] [- +] [- -]. In coaching, the Cartesian model helps you give full consideration to a goal or decision.

To Wrap-up Answer the Following Questions:

After completing this exercise:

1. What are you aware of now, that you were not aware of before? _____

   _____

2. What surprised you? _____

   _____

3. What is really helpful and why? _____

   _____

4. What would you like to ponder on more? _____

5. How do you feel *differently* now about your goal or decision? _____

   _____

6. What values (things that are really important to you) can you see reflected in your responses?

   _____

7. What is your biggest win from completing this exercise?

   _____

"Every choice moves us closer to or farther away from something. Where are your choices taking your life?" ***Eric Allenbaugh***

Finally, what will you do with this information? What are your next steps? (pick at least one)

Action _____ ***By When*** _____

Action _____ ***By When*** _____

Action _____ ***By When*** _____