

Questions to Ask Before You Quit

GoSkills online course syllabus

Skill level

Beginner

Lessons

16

Accredited by

Verified by GoSkills

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.

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