



Expand Your Mind!

With The Cartesian Questions



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 _____