

# LEARNING RESOURCE

## North American Indian corn stalk

### More corn stalk position questions

More questions to help you reap corn. Just look for the questions that help you at each position.

#### 1 The Corn position

- What do you want?
- What will it be like when you have achieved it?
- What will it look like, sound like and feel like to have the outcome you want?
- When do you want to have achieved it by?
- Why do you want this outcome?
- What excites you about this outcome?
- Thinking into the future when you have achieved this, what do you feel like?
- How will you know when you have achieved this target?
- When will you achieve this target?
- How challenging/exciting is the goal?

#### 2 The Stalk position

- How could I get into a state of mind that would make this easier to sort out?
- What would my favourite comedian say to me here?
- Who do I know that would have a better attitude here than I have? What if I used their attitude now?
- When in the past have I solved a problem? What did I do? How could I do use what I learned then, now?
- What if I just shook this off and moved on?
- When is now a good time to get over this?
- How am I moving over the problem and noticing the solutions?

#### 3 The Root position

- What was the root of the problem?
- How did it feel at the moment?
- What are the problems my attitude to this is causing?
- What is missing from your current situation that you would like to have?
- What have you already tried in order to improve things and what were the successes?
- What have been the obstacles to achieving your target?
- What resources do you need to overcome your obstacles?
- Look back at your corn outcome. How can you achieve this now?
- What useful learning is there about the root cause of the challenge you faced?

#### 4 The Corn Silk position

- What would you do if you could move yourself one step forward right now?
- What could you do if you didn't have to explain it to anyone else? How would that feel?
- What could you do if there were no limitations?
- If you could devote all of your time to one thing, what would it be?
- What could you do if you did not have to live with the consequences?
- Brainstorm one of the options you have come up with. What other ideas are sparked off?
- If you secretly knew what the answer was, what would it be?
- From your options, which is the quickest/easiest/cheapest/most comfortable thing to do?
- Now you think about it what is the right thing to do?
- Choose one option. Choose it now! Remind yourself of your target. How will the option you have chosen move you closer to or further from your target?
- What is the benefit of doing the thing that you have chosen? What will you know that's new? What impact will it have on stress?
- Write down the outcomes

#### 5 The Sky position

- What are you going to do?
- What are the steps?
- How will you meet your target?
- When will you take these steps?
- Who else (if anyone) should be involved in this process? What will they do? How will they know this?
- What are the barriers to you taking that first step? How likely is it to stop you? What can be done to overcome it?
- How realistic is your timescale for change?
- When will you review your progress towards your outcome?

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**1** *The Corn position*  
What outcome would you prefer instead of the challenge you face?

**2** *The Stalk position*  
What attitude do you need in order to get the outcome you desire?

**3** *The Root position*  
What is the root of the problem and what can you do to influence this?

**4** *The Corn Silk position*  
What could you do to get the outcome you desire?  
(Get three options)

**5** *The Sky position*  
What will you do and when?

