

DEALING WITH AN ISSUE OR PROBLEM USING THE ROQUE METHODOLOGY

This exercise sheet represents working through a challenge using the methodology at the core of The ROQUE Model. Pick a problem or issue you are dealing with and fill out the boxes as described. Either using a print out or using their questions as a guide for writing in another document.

Describe the issue or problem in a sentence:

REALITY: What exactly is happening now? What are the symptoms?

OPTIONS: What options and choices can I see or consider?

QUEST: What am I choosing to do in this issue?

QUEST: How strongly does this answer come from my head (on a scale of 1 to 10)?

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UNIQUE NEEDS: What do I need to have/ do before I can embark upon my Quest?

EXECUTION: What exactly am I going to do? Use SMART Goal Template

In our coaching services we use this system to create a conversation and understand our client. The ROQUE Model is however entirely applicable as a system for individuals to work through their own problems, questions or challenges. The ROQUE Model at it's core is a process of deep analysis and reflection to find solutions. You can learn more about The ROQUE Model and our coaching services at our website www.questunique.com.au.