

# What's Fueling (or Stalling) Your Idea?

Nine questions to self-coach your mindset  
and help you get unstuck

Prepared by Sinha Solutions for Igniting The Idea

This diagnostic tool helps you understand where your idea is gaining momentum and where it may be getting stuck. Instead of focusing only on the idea itself, it helps you see the mindsets you're using to move it forward and the ones that may still be missing.

By identifying current mindset gaps, you can take clearer, more confident next steps without overthinking, abandoning, or forcing your idea in the wrong direction.

## SPARK Self-Coaching Questions

1. **What assumptions am I making that I have not actually tested?**
  
2. **What deeper issue might be underneath the problem you're trying to solve?**  
*(Hint: Focus on why this is happening, not just what is happening.)*
  
3. **If I were encountering this for the first time, what would I notice or question?**

**In SPARK, the goal is to clarify the foundation of your idea.**

The first question helps you adopt a Beginner's Mindset by questioning assumptions and making room for new insight.

The second question strengthens a Problem-Seeking Mindset by helping you look beneath the surface and focus on what may really be causing the issue.

The third question brings you back to a Beginner's Mindset by helping you see the situation with fresh eyes and renewed curiosity.

Together, these questions assist you get unstuck by shifting how you see the idea. They slow down quick assumptions, deepen your understanding of the problem, and help you move forward with more clarity.

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## FAN THE FLAME Self-Coaching Questions

4. What can I learn from what's not working with my idea right now?
5. What's the smallest test I could run to learn more before deciding?
6. Where is this idea still unclear, and what could help me make it clearer?

In FAN THE FLAME, the goal is to move your idea through the messy middle by testing, refining, and learning as you go.

The fourth question invites a Growth Mindset by helping you see difficulty as part of the process, not as a sign that you or your idea are failing.

The fifth question taps into an Experimental Mindset by helping you take a concrete next step instead of getting stuck in overthinking.

The sixth question returns to a Growth Mindset by encouraging small adjustments and ongoing learning, rather than waiting for perfection.

Together, these questions help you build momentum and keep your idea moving forward.

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## FEED THE FIRE Self-Coaching Questions

7. Who is most impacted by this, and have I truly listened to them?
8. What am I basing this idea on, and how strong is that evidence?
9. If this idea succeeds or grows, what unintended effects could it create that go against your original goal?

In FEED THE FIRE, the goal is to sustain, strengthen, and guide what you have created so it can endure.

The seventh question invites an Empathetic Mindset. It helps you consider the people most affected and keeps the work human-centered.

The eighth question draws on a Critical Mindset. It helps you test what your idea is really based on so momentum does not outrun reality.

The ninth question uses a Systems Thinking Mindset. It helps you look at the bigger picture and consider how your idea may affect other people, processes, or systems over time.

Together, these questions help you move beyond short-term wins and think about what it will take for your idea to create lasting value.