



REINVENTION TOOLS FOR FORWARD AFTER 50



REBECCA RONANE

ABOUT ME



REBECCA RONANE

Author of *Forward After 50*, *The Rising Reinventors*, Rebecca lives in the sunny south of France with her French Dutchman and dog Myrtle. She describes herself as having an endless curiosity for life, being a perpetual learner and explorer, of both places and things. She says, “Everything I've ever done has been a new adventure. I thrive on a challenge.”

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EXPAND YOUR MIND, CARTESIAN QUESTIONS.

INTRODUCTION: Get new perspectives on your goals and decisions with "The Cartesian Questions". Are you feeling stuck? Struggling to get or stay motivated? How do you know if something is the right goal or decision for you? Where are you getting in your way? This exercise helps you expand your mind with critical thinking. Get inspired with new perspectives and ideas—as well as identify areas where you may be self-sabotaging.

INSTRUCTIONS

- Answer the questions below in the order 1-4 starting top left. Please note that the questions may seem strange or repetitive—and that's OK.
- Allow plenty of time to think and feel into each question, especially question 4, which can confuse your conscious mind!
- When you think you've finished answering each question, take a moment to dig deeper and ask yourself, "What else?"

Now you're ready to answer the four questions below. Start by writing your goal or decision on the line above the quadrants. Then put as many answers and ideas as you can in each quadrant.

Finally, even though you give full consideration to each question, you may find that one question sticks, or it may be days or weeks before the answer 'kicks in'. So, don't worry if you don't have an answer immediately.

IF I DO write your goal here or decision here	IF I DON'T write your goal or decision here
1) What WOULD happen if you did make this change?	3) What WOULD if you didn't make this change?
2) What WOULDN'T happen if you DID make this change?	4) What WOULDN'T happen if you DIDN'T make this change?



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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 in 4 different ways, called the Cartesian Coordinates. These quadrants are represented by the mathematical values: [+ +] [- -] [- +] [- -]. In coaching, the Cartesian model helps you fully consider a goal or decision.

Once you've completed the grid above, wrap up by answering the following questions:

1. What surprised you?
2. What is helpful and why?
3. What would you like to ponder on more?
4. How do you feel differently now about your goal or decision?
5. What values (things that are important to you) can you see reflected in your responses?
6. What is your biggest win from completing this exercise?

Finally, what will you do with this information? What are your next steps? (pick at least one action)

Action

by when

If you haven't already done so, read my book *Forward After 50, The Rising Reinventors*; you'll find many tips particularly when it comes to superpowers there that will help you on your journey of reinvention.



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