THE GETTING UNSTUCK WORKSHEET

What has you stuck right now? What is the specific thing that you'd like to be doing, but find that you just can't?

Now take a deep breath, let it out. Write, why you feel stuck as if you were telling friend how this makes you feel.

What specific emotions are attached to how you feel? List them

Are these familiar emotions, or new? If familiar, recognize that you have felt this way before and survived and moved beyond them. If new, then tell yourself that you are surprised to feel this way after all these years. Just acknowledging emotions can take away some of their power over you.

How would your life immediately be different, if you could just do that thing?

What would be the benefits in your life be a month from now, if you could get unstuck from this thing?

What would be the benefits in your life be one year from now, if you could get unstuck from this thing?

Use this space to write out your top 3 values in life.

1 2 3

What 2 or 3 choices or options do you have in approaching this thing? Add Pro's and Con's to each.

Option 1 Pros Cons

Option 2

Option 3

Which option is aligned with your values and takes you a step toward your vision for the future? That is likely the best option as it is aligned with what you value. Or go with the one with more pros than cons.

What is a small step you could take to start moving in the direction you want to see in your future?

List only one, very small step that you could take that doesn't commit you to doing it all. It is just the first step IF you were to move forward. ***Do that step sometime this week. Then Stop*** *and come back to this worksheet*.

Now list any remaining steps you would need on the back of the worksheet.

Finally, set a realistic time goal for getting the tasks done and write nest to each task. Then double it. Change takes time.