Feeling stuck

When you know something needs to change and cannot see what or how.

Name _____ Date _____

Being stuck is uncomfortable. It usually means that something in your life no longer fits. You do not need the whole answer before you make a start.

Where in my life do I feel stuck?

What exactly is not working?

What do I keep telling myself I should do? Do I actually want that?

What would I try if I knew I could not fail, or if nobody would judge me?

What will staying exactly as I am cost me over the next year?

Small experiments

You cannot think your way out of being stuck. Try something small and see what you learn.

A small experiment (a conversation, a taster class, an hour spent differently)	When	What I learned

What I am a little clearer about now

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