



Moving Out of My Stuck Rut

A Personal Growth Worksheet

Feeling stuck does not necessarily mean I do not know what I want. Sometimes I know exactly what I want to change, but I keep waiting for more confidence, more certainty, the right time, or some assurance that everything will work out. The purpose of this worksheet is not to force a major decision. It is to help me identify **where I am stuck, what keeps me there, what staying stuck is costing me, and one manageable action that can begin creating movement.**

1. Where Am I Stuck?

Rather than saying, “*My whole life feels stuck,*” I will identify one specific area where I want something to be different.

The area of my life where I feel most stuck right now is:

What have I been thinking about changing, doing, beginning, stopping, or deciding?

How long have I been thinking about making this change?

What do I already know that I probably do not need to think about again?

UNcover

What Is Keeping Me in the Rut?

Sometimes stuckness looks like doing nothing, but underneath it I may actually be working very hard to avoid uncertainty, disappointment, conflict, embarrassment, failure, or regret.

Complete this sentence as honestly as you can:

I keep telling myself that I cannot move forward until...

What am I waiting for?

Check anything that fits.

- ☐ To feel more confident
- ☐ To feel completely ready
- ☐ To know I am making the right decision
- ☐ To know I will succeed
- ☐ To stop feeling anxious
- ☐ For someone else to approve
- ☐ For someone else to change
- ☐ For life to become less complicated
- ☐ To have more information
- ☐ To know I will not regret my decision
- ☐ To know other people will not be upset with me
- ☐ Something else: _____

Now look at what you checked.

Which of these conditions can I actually control?

Which conditions might never happen before I act?

UNderstand

What Is Staying Stuck Doing for Me?

If I keep repeating a pattern, there is usually a reason. Staying where I am may protect me from something uncomfortable, even while it prevents me from getting something I want.

If I do NOT make this change, what uncomfortable experience can I avoid?

Maybe I avoid rejection, failure, conflict, embarrassment, responsibility, disappointment, uncertainty, or discovering that something does not work.

What am I afraid could happen if I actually move forward?

If that happened, what would be difficult about it?

Could I handle that difficulty, even if I did not like it?

The Question Beneath the Question

Instead of asking only:

“What if this goes wrong?”

Ask:

“What if I am capable of responding even if everything does not go exactly as planned?”

What comes to mind?

What Is My Stuckness Costing Me?

Avoiding a decision can feel safer today while quietly creating a cost tomorrow. Think about what remaining in this rut has already affected.

Because I have stayed stuck, I may have postponed or lost:

- ☐ Opportunities
- ☐ Relationships or connection
- ☐ Confidence
- ☐ Personal growth
- ☐ Career or educational possibilities
- ☐ Enjoyment
- ☐ Independence
- ☐ New experiences
- ☐ Financial opportunities
- ☐ Better boundaries
- ☐ A healthier routine
- ☐ Time
- ☐ Something else: _____

The biggest cost of remaining stuck has been:

Now imagine that nothing changes.

If I am still in exactly this same place one year from today, how will I feel about the year I allowed to pass?

What might I wish I had started today?

UNlearn

I Do Not Have to Feel Ready

I may have learned to believe:

“Before I act, I need to feel _____.”

Now challenge that belief.

I can feel _____ and still _____

For example:

I can feel uncertain and still make a reasonable decision.

I can feel nervous and still have the conversation.

I can doubt myself and still take the first step.

I can be uncomfortable without immediately backing away.

My New Rule

Complete this sentence:

I do not need _____ before I can _____

Shrink the Step

One reason change feels overwhelming is that I may be thinking about the entire journey instead of the next action. I do not have to solve everything today.

The big change I have been imagining is:

Now make it smaller.

Something I could realistically do within the next 24–48 hours is:

Make it smaller again if necessary.

The smallest action that would still count as movement is:

My Discomfort Plan

Taking action does not guarantee that I will feel comfortable. In fact, discomfort may be evidence that I am doing something different rather than evidence that I should stop.

When I begin taking this step, I expect I may feel:

When that discomfort appears, instead of immediately retreating, I will:

- ☐ Slow my breathing
- ☐ Give myself time before changing my decision
- ☐ Remind myself that uncertainty is not danger
- ☐ Sit with the discomfort for a while
- ☐ Talk with someone I trust
- ☐ Remind myself why this change matters
- ☐ Take the next small step anyway

Something I need to tell myself when I become uncomfortable is:

Become

What Would the Person I Want to Become Do Next?

Do not picture a perfect future version of yourself. Think about the person you are trying to become and what that person would do **next**.

The person I want to become is someone who:

If I were already becoming that person, what would I do differently this week?

My Commitment

The one step I am committing to is:

I will do it by: _____

What might tempt me to postpone it?

When that happens, I will remind myself:

Try This Today

Choose something small that you have been postponing and spend **10 minutes doing it instead of thinking about doing it.**

Make the call. Open the document. Write the first paragraph. Send the email. Look up the information. Put on your walking shoes. Make the appointment. Begin the conversation. Take whatever small action fits your situation.

Afterward, answer:

What happened when I acted before I felt completely ready?

Was the discomfort as difficult as I predicted?

What did I learn about myself from taking action?

My Weekly Review

At the end of the week, return to the area where you felt stuck.

What did I actually do rather than merely think about doing?

Where did I notice myself slipping back into overthinking or waiting?

What did I tolerate that I previously might have avoided?

What evidence did I collect that I can handle uncertainty?

What is my next reasonable step?

You do not have to know exactly where the road leads before you begin walking. Sometimes the way out of a rut is not another answer, another plan, or another round of thinking. It is one small experience of doing something differently and discovering, *"I can handle this."*

UNcover what keeps you stuck. **UN**derstand what staying there protects you from. **UN**learn the belief that you must feel ready. **B**ecome the person who takes the next reasonable step.