

# Getting Unstuck Worksheet



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# YOU TOO, CAN GET UNSTUCK

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**Getting Unstuck Worksheet**

# Getting Unstuck Worksheet

Answer all the questions as honestly as possible, and make sure you write them down, for you to gain clarity and be able to work on them as you move on, in order to achieve your long term goals.

1. Where in your life are you stuck?
2. What makes you stuck?
3. What does being stuck mean, look and feel to you?
4. How long have you been stuck?
5. How important is changing the situation to you?

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6. What's the pay-off for being stuck?-(not deciding what you want to do)
7. What do you *really* want?
8. If you secretly knew what was holding you back, what would it be?
9. What are your options?
10. Weigh the benefits and consequences of each option.
11. If could borrow a wisdom to go in the direction of your desires, whose wisdom do you most admire? Who can you ask?
12. Imagine for a moment that your issue is resolved. How did you get there?

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13. So, what do you think you're SECRETLY afraid of, that's getting in the way of changing ----- and moving your life forward?
14. How important is this to you REALLY? (the problem)
15. What EXCITES and INSPIRES you? (Make a list)
16. What is the overall vision for your life to the best of your knowledge?
17. If, overnight a miracle happened and you got unstuck, who would you be?
18. What research could you do to help you find the first step?

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19. Who could you talk to who would illuminate this issue?

20. What would your first action step be, after answering these questions?

Now, get off to iiiiiiiiiiit!

Good Luck!!!