



**CREATIVE  
BUSINESS  
SUITE**

## **GET UNSTUCK IN 1,2,3, STEPS**

**Put together by | Mutiat T.Adebawale**

# Getting Unstuck Workbook

**YOU TOO, CAN GET  
UNSTUCK**

**Mutiat Adebowale  
Business and Leadership Coach  
Creative Business Suite  
[www.creativebusinesssuite.com](http://www.creativebusinesssuite.com)  
[hello@creativebusinesssuite.com](mailto:hello@creativebusinesssuite.com)**

**Blossom! Show and Shine:  
Transform Your Life, Design Your Career and Live Your  
Passion.**

**Getting Unstuck Worksheet**

# Getting Unstuck Workbook

Getting stuck does come at a price. Whether it's the difficulty you face in achieving a life or business goal or holding yourself back from your potential because you fear change and decide to stick with hold habits that are not getting you desired results. All of these situations and more; are states where one would say they are stuck. So, where are you stuck? What are the goals you want to achieve and for whatever reasons, you find it hard to get into action that will deliver the results that you want?

May be you are even doing well, but going over your current ceiling seem so daunting that you cannot figure out where to turn.

Whatever is keeping you stuck in never beyond your ability and power to overcome it, if you are determined and have direction.

This workbook will guide you and give you direction on how to get yourself unstuck, but I hope you will find the strength and courage from within you to decide and be determined to get unstuck and move ahead to achieve your goals and desires.

Wishing you the very best!

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.

# Getting Unstuck Workbook

1. In what areas of 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?
6. What's the pay-off for being stuck?-(not deciding what you want to do)

# Getting Unstuck Workbook

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?

13. So, what do you think you're SECRETLY afraid of, that's getting in the way of

# Getting Unstuck Workbook

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?

# Getting Unstuck Workbook

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 it and take action NOW!

Good Luck!!!