

Worksheet #5A

Answer the following questions to help identify WHY you are stuck:

Why am I feeling stuck right now? (If the answer doesn't pop right up that's NORMAL, keep going!)

Am I stuck because I am waiting? What am I waiting for right now? Why?

Am I stuck because I have a question or need outside expertise? Who might be able to help me, and how do I ask them for help?

Am I stuck because I'm feeling unsure? Does feeling unsure need to stop me from moving forward?

Am I stuck because I'm trying to find the RIGHT answer? Is there a right answer? And if there is, do I care?

Worksheet #5B

If you are still feeling stuck and want to keep digging:

What is the **PROBLEM** I am trying to solve?

Once you state the problem simply and clearly:

What are the options available to solve the problem? (Note: you don't have to like all the options, you just have to list the options. Try to avoid judging here.)

Based on what you know, what's the **SIMPLEST** way forward right now?

This is one of my FAVORITE questions because you do NOT need to have the answer. You ONLY have to identify the problem. And often when we are stuck it's because we're trying to solve a problem without knowing exactly which problem we're solving.

Then, COMMIT.

The action I commit to taking next is:

My timeline for taking this action is:

I will hold myself accountable by:

When this action is complete, I will reward myself with:
