

Get Unstuck

What decisions are you having a hard time making, committing to, or sticking with?

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What do you think you need to change?

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Is there a way to do this more easily than you've been making it? *It is important to make sure we're not making more work for ourselves, because that keeps us stuck even longer.*

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What is the first step you are going to take right now?

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Are you ready to let go of your fear and indecision about this? What strategies are you going to use in the future if you start feeling stuck again?

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