

Get Unstuck

Welcome to the Get Unstuck process. I encourage you to listen to the audios or read the transcripts before you dive into the journaling pages. After you've done that, it's time to Get Unstuck. Use this process anytime you feel yourself getting bogged down, and it will start to become second nature.

Where are you stuck?

Is it a big thing?

How long have you been stuck?

What is the central thing holding you back and keeping you stuck?

What are you afraid of?

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

What do you think you need to change?

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.*

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

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?
