



THE GETTING UNSTUCK WORKSHEET

"Hold on for one more day, It's gonna go your way!" -Wilson Phillips

Start Where You Are: Write below where you feel stuck right now.

Now write, why you feel stuck:

Where do you want to go or be? Or what do you want your life to look like in a year?
If you aren't sure, write how you want to feel instead. Or use this space to write out your top 3 values.

What choices or options do you have? add Pro's and Con's to each.



THE GETTING UNSTUCK WORKSHEET

"Hold on for one more day, It's gonna go your way!" -Wilson Phillips

Which option is aligned with your values and takes you a step toward your vision for the future?

What is a small step you could take to start moving in the direction you want to see in your future?

Still not sure? Then let's work together to get you unstuck! Check out my Work with me page or Email me at Kristen@beginninggood.com. Let's get you off this merry-go-round and on your way to your vision!