

# **I FEEL STUCK!** A 10-MIN CLARITY WORKSHEET

**WHAT'S NOT WORKING NOW?** (work, relationships, routine, motivation, direction, etc.)

**WHAT MIGHT YOU BE AVOIDING?** (is there a decision, conversation, or change you've been putting off?)

**WHAT HAVE YOU ALREADY TRIED?** (any ideas why it hasn't worked?)

**WHAT DO YOU ACTUALLY WANT?** (if nothing was holding you back, what would you change?)

**ONE SMALL STEP FORWARD** (what is one small, realistic action you could take this week?)