

GET UNSTUCK GUIDE

⇒ *Clarity. Direction. Momentum.* ⇒

You're not stuck because you're broken. You're stuck because you feel **overwhelmed**, **unsure** what to do, or stuck in a **cycle of inaction**. The way forward is simpler than it seems.

WHY WE GET STUCK



- Too many options = overwhelm
- Fear of making the wrong move
- Perfectionism and overthinking
- Unclear priorities or values
- Inaction becomes a habit and drains confidence
- We focus on problems, not possibilities

Good news: You have more control than you think.

THE 4 PATHS FORWARD *Choose Your Path* ↘

There are four primary ways to respond to any situation.
Circle the path (or paths) that feel most relevant to you right now.



1. WAIT

Sometimes the best move is to pause, gather information, build resources, or wait for the right timing.

Best when:

You need more information, skills, resources, or the situation is temporary.



2. ACCEPT

You can't change everything. Acceptance means choosing peace with what is so you can focus your energy elsewhere.

Best when:

It's outside your control, fighting it creates more stress, or it no longer serves you.



3. IMPROVE

If it matters to you and can be better, focus on what you can influence and take steps to upgrade it.

Best when:

You see potential for growth, change is possible, and it aligns with your goals.



4. EXIT

Sometimes the bravest move is to let go and create space for something that truly fits.

Best when:

It's causing more harm than good, you're not growing, or it's misaligned with your future.



You can choose one path or a combination.
The key is to choose intentionally.



WHAT'S GETTING IN YOUR WAY?

Identify the most common barriers that might be keeping you stuck.

Check all that apply and add your own.

- | | | | |
|--|---|--|--|
| ☐ Fear of failure | ☐ Lack of time | ☐ Financial constraints | ☐ Don't know where to start |
| ☐ Fear of success | ☐ Lack of clarity | ☐ Lack of support | ☐ Waiting to feel ready |
| ☐ Overthinking | ☐ Low confidence | ☐ Other people's opinions | ☐ Skills or knowledge gap |
| ☐ Perfectionism | ☐ Old habits / inertia | ☐ Unhelpful beliefs | ☐ Other: _____ |



TURN BARRIERS INTO STRATEGY

For your top 1-3 barriers, write one way you can reduce, work around, or overcome each one.

1. _____
2. _____
3. _____



BUILD MOMENTUM: YOUR NEXT 3 ACTIONS

Momentum comes from action, not motivation. Small steps create big change over time.
Choose 3 specific actions that move you forward on your chosen path.

Progress, not perfection.



ACTION #1: DO TODAY

Something I can do in the next 24 hours.



ACTION #2: DO THIS WEEK

Something I can do in the next 7 days.



ACTION #3: NEXT MILESTONE

A meaningful step that moves me closer to my goal.



COMMIT:

I will take Action #1 within the next 24 hours.

Signed: _____

Date: _____



Clarity gets you pointed in the right direction.
Action gets you moving. Accountability keeps you going.
You don't have to figure it all out alone.

That's where coaching comes in.

A coach helps you gain clarity, create a real plan, overcome obstacles, and stay accountable so you can go from talk to growth.



READY TO TAKE THE NEXT STEP?

If you're not sure which path is right for you, or you're ready to turn insight into action, let's talk.
You don't have to stay stuck.