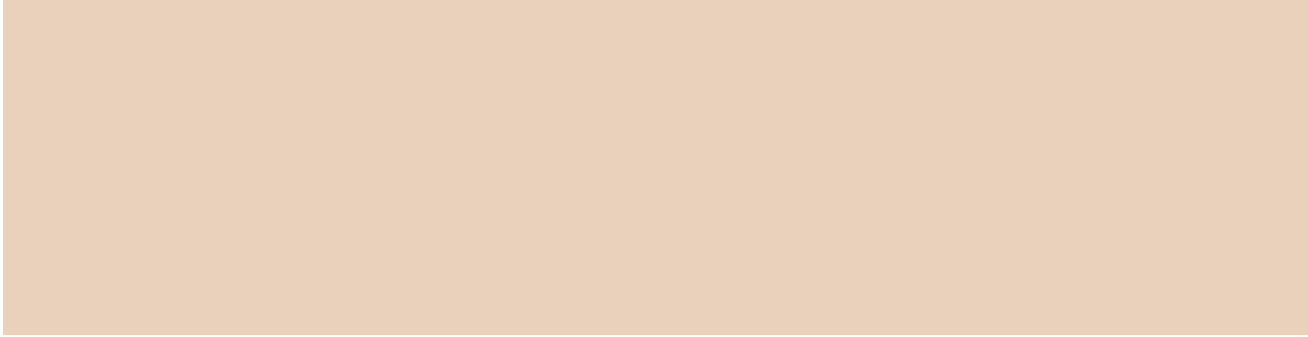


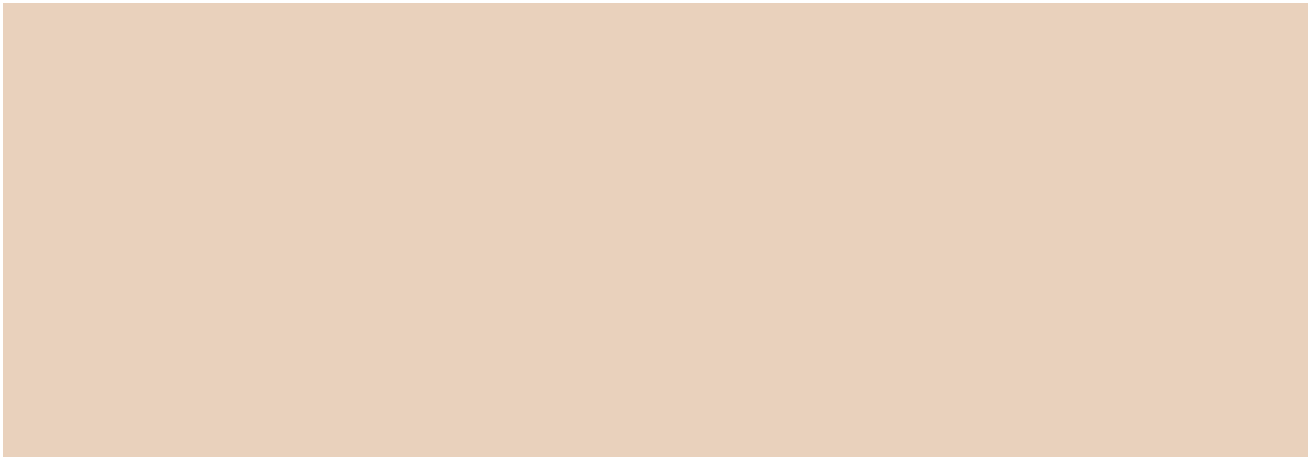
# How to Stop Feeling Stuck

## Mindset Managed Worksheet

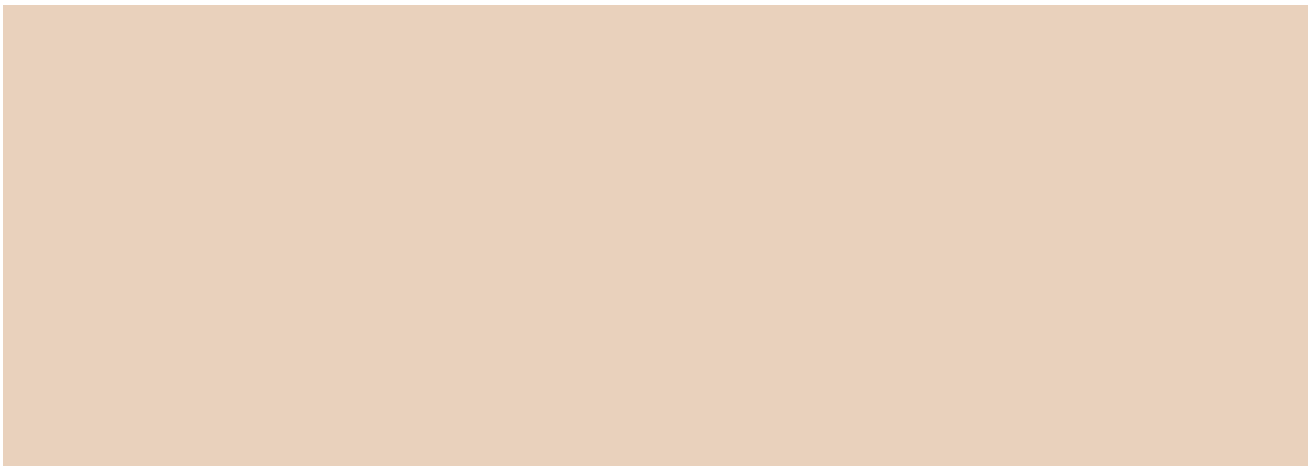
Why do I feel stuck right now? What's going on?



What is holding me in this situation? *Get clear on the real reasons why, whether they are in your head/mental or physical/external.*



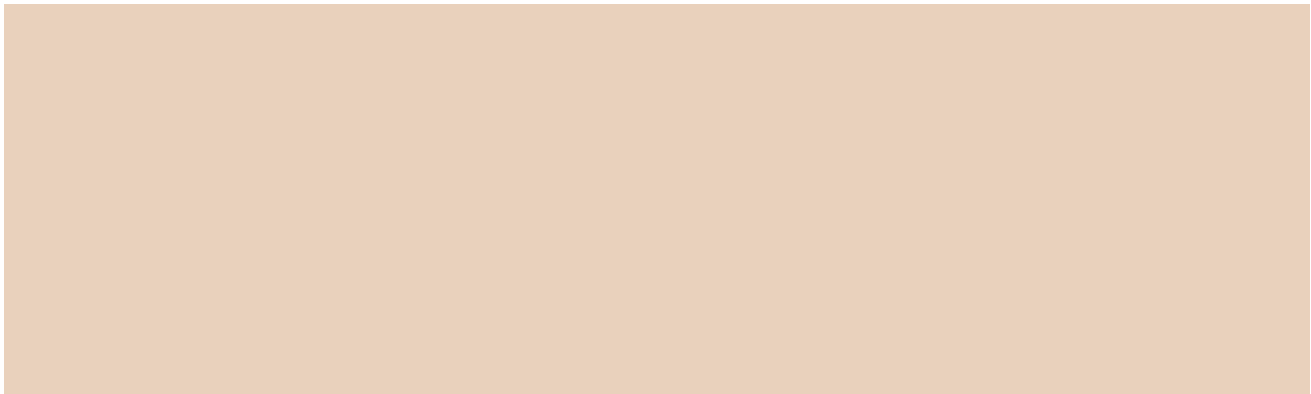
When was a time in the past that I felt stuck, yet I'm no longer there? What did I do back then?



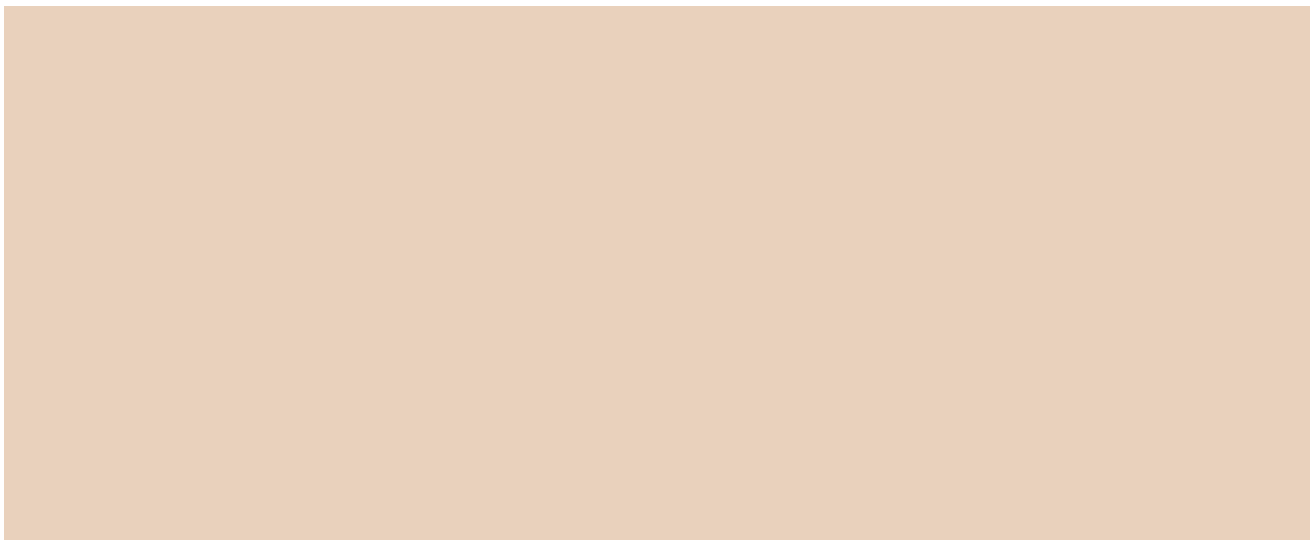
What do I want instead of this?



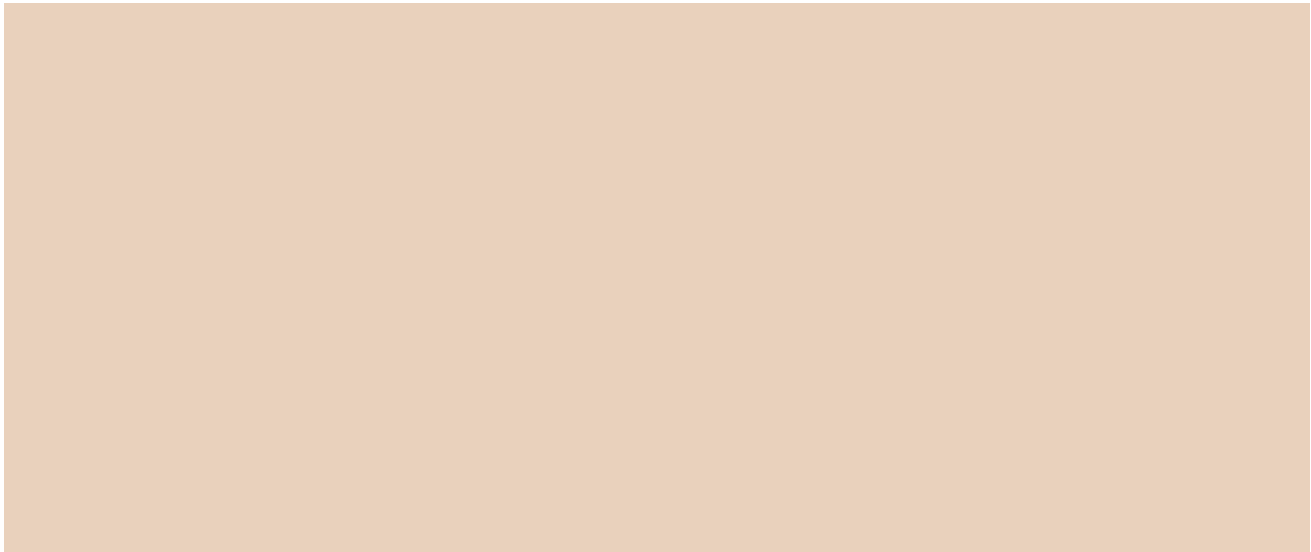
Who could help me?



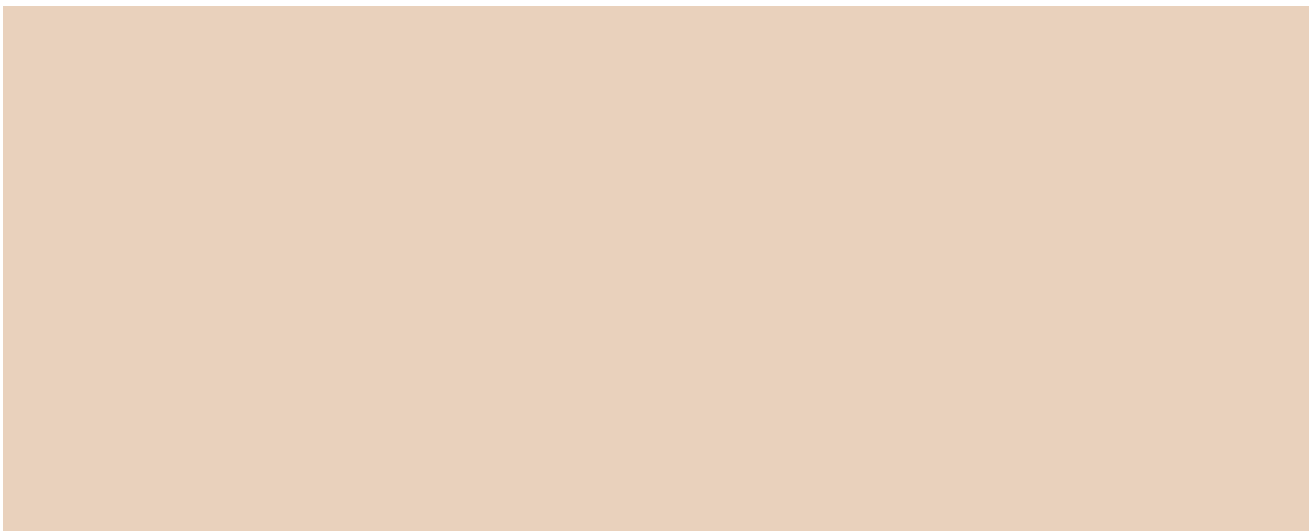
What tools do I need to make a change?



What can I do now to shift my mindset to feel ready to take steps towards a change?



What could I do right now to fix my situation? *First steps towards change...*



My new mindset about my situation. My plan of action

