

Get Unstuck

Are you stuck? Do you feel like you're going nowhere? And is this feeling of being stuck with no movement forward nagging at you and keeping you from being at your best? Maybe being stuck is interfering with the rest of your life—your career, your relationships, your spiritual growth, your sleep. If this is you, then the following worksheet will help you to gain insight and get you moving in the right direction.

1. How long have you felt stuck?

2. Why do you feel stuck?

3. What does getting unstuck look like to you?

4. What do you really want?

6. What are your options?

7. Weigh the benefits and consequences of each option.

8. If you have no indication of the direction you should go, who can you give you a fresh perspective?

9. When it really comes down to it, what's keeping you stuck?

10. What is the overall vision for your life to the extent that you can know it?

11. Regarding your options, which one best seems to align with that vision and purpose? With your values?

12. Even if you can't see the end result, what is one step you can take right now?

13. What else do you need to do/research/reflect on before moving in a certain direction?

14. Whose support, encouragement, and accountability can you obtain?

15. What are you committing to do right now? When will you do it?

Congratulations!

You have taken a step forward. While things may not be totally clear right now, you are moving forward intentionally.

Next Steps

- Send this worksheet to others to use. Just be sure not to modify anything.
- Request your free career or executive coaching consultation. We offer free consultations to help you flourish, reach your potential, and achieve your career and professional goals. You may contact us directly through our website at www.bluebridgeleadership.com or through email at kim@bluebridgeleadership.com.