



GET UNSTUCK- YOUR 5 STEP ACTION PLAN

NAME

DATE

STEP 1: WHAT PROJECTS DO I WANT TO START?

BEGIN BY HONESTLY IDENTIFYING WHAT'S CALLING TO YOU. DON'T OVERTHINK THIS STEP. WRITE DOWN WHATEVER PROJECTS, GOALS, OR CHANGES KEEP SURFACING IN YOUR THOUGHTS. YOUR PERSISTENT IDEAS OFTEN CONTAIN THE SEEDS OF YOUR NEXT BREAKTHROUGH. THINK ABOUT WHAT TRULY EXCITES YOU, EVEN IF IT FEELS OVERWHELMING RIGHT NOW.

- LIST ALL THE PROJECTS, GOALS, OR CHANGES YOU'VE BEEN CONSIDERING. DON'T CENSOR YOURSELF, JUST GET THEM DOWN.



STEP 2: DEFINE YOUR WHY

NOW, DIG DEEPER. ASK YOURSELF WHY THESE PARTICULAR PROJECTS MATTER TO YOU.

YOUR "WHY" BECOMES YOUR ANCHOR WHEN MOTIVATION WANES AND OBSTACLES ARISE. GO BEYOND SURFACE-LEVEL REASONS.

WHAT FUNDAMENTAL NEED OR VALUE DOES THIS PROJECT SERVE IN YOUR LIFE? IS IT ABOUT PERSONAL GROWTH, CONTRIBUTING TO OTHERS, FINANCIAL FREEDOM, OR SOMETHING ELSE ENTIRELY?

UNDERSTANDING YOUR CORE MOTIVATION MAKES ALL THE DIFFERENCE.

FOR EACH PROJECT YOU LISTED, EXPLAIN YOUR "WHY." WHAT'S THE DEEPER MEANING BEHIND IT FOR YOU?

- PROJECT: _____
 - MY WHY: _____
 - WHAT CORE VALUE DOES THIS SERVE? _____
- PROJECT: _____
 - MY WHY: _____
 - WHAT CORE VALUE DOES THIS SERVE? _____
- PROJECT: _____
 - MY WHY: _____
 - WHAT CORE VALUE DOES THIS SERVE? _____

STEP 3: HOW DOES THIS BENEFIT ME?

MAP OUT THE CONCRETE BENEFITS YOU'LL GAIN FROM COMPLETING THIS WORK.

CONSIDER BOTH IMMEDIATE AND LONG-TERM ADVANTAGES. THIS STEP TRANSFORMS ABSTRACT GOALS INTO TANGIBLE OUTCOMES YOU CAN VISUALIZE AND WORK TOWARD. THINK ABOUT HOW ACHIEVING THIS PROJECT WILL POSITIVELY IMPACT YOUR DAILY LIFE, YOUR FUTURE, YOUR RELATIONSHIPS, OR YOUR WELL-BEING.

- LIST THE SPECIFIC BENEFITS YOU ANTICIPATE FOR EACH PROJECT. BE AS DETAILED AS POSSIBLE.
 - PROJECT: _____
 - IMMEDIATE BENEFITS: _____
 - LONG-TERM BENEFITS: _____
 - PROJECT: _____
 - IMMEDIATE BENEFITS: _____
 - LONG-TERM BENEFITS: _____
 - PROJECT: _____
 - IMMEDIATE BENEFITS: _____
 - LONG-TERM BENEFITS: _____

STEP 4: HOW CAN I THINK BIGGER?

CHALLENGE YOURSELF TO EXPAND BEYOND YOUR INITIAL VISION.

WHAT WOULD THIS PROJECT LOOK LIKE IF YOU REMOVED ALL LIMITATIONS? HOW COULD YOU SCALE YOUR IMPACT OR MAKE IT EVEN MORE FULFILLING? THINKING BIGGER DOESN'T MEAN BITING OFF MORE THAN YOU CAN CHEW; IT MEANS REFUSING TO SETTLE FOR LESS THAN YOUR POTENTIAL.

WHAT'S THE MOST EXCITING, AUDACIOUS VERSION OF THIS PROJECT YOU CAN IMAGINE?

- BRAINSTORM BIGGER POSSIBILITIES FOR EACH PROJECT. DON'T HOLD BACK!
 - PROJECT: _____
 - THINKING BIGGER: _____
 - IF THERE WERE NO LIMITS, WHAT WOULD THIS LOOK LIKE? _____
 - PROJECT: _____
 - THINKING BIGGER: _____
 - IF THERE WERE NO LIMITS, WHAT WOULD THIS LOOK LIKE? _____
 - PROJECT: _____
 - THINKING BIGGER: _____
 - IF THERE WERE NO LIMITS, WHAT WOULD THIS LOOK LIKE? _____

STEP 5: HOW BADLY DO I WANT THIS?

HONESTLY ASSESS YOUR COMMITMENT LEVEL.

THIS QUESTION SEPARATES GENUINE ASPIRATIONS FROM PASSING INTERESTS. THE PROJECTS THAT SURVIVE THIS SCRUTINY ARE THE ONES WORTH PURSUING WITH FULL DEDICATION.

ON A SCALE OF 1 TO 10, HOW MUCH DO YOU TRULY WANT TO MAKE THIS HAPPEN? YOUR ANSWER WILL HELP YOU PRIORITIZE AND FOCUS YOUR ENERGY WHERE IT MATTERS MOST.

RATE YOUR DESIRE FOR EACH PROJECT ON A SCALE OF
1-10 (1 = NOT VERY MUCH, 10 = ABSOLUTELY ESSENTIAL).

- PROJECT: _____
 - DESIRE LEVEL: _____ / 10
 - WHAT SMALL STEP CAN I TAKE TODAY TO MOVE FORWARD?

- PROJECT: _____
 - DESIRE LEVEL: _____ / 10
 - WHAT SMALL STEP CAN I TAKE TODAY TO MOVE FORWARD?

- PROJECT: _____
 - DESIRE LEVEL: _____ / 10
 - WHAT SMALL STEP CAN I TAKE TODAY TO MOVE FORWARD?

