

How You Get Unstuck

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notes about this worksheet

Being stuck is an inevitable part of being, well, human. (I was going to say creative, but really, it's bigger than that.) But while you don't really have a choice about whether or not you get stuck, you *do* have a choice about how you handle it.

This worksheet will help you think about how you've handled being stuck in the past and then brainstorm ways to tackle it differently in the future!

For more thoughts about being stuck and getting unstuck, check out ericamidkiff.com/blog/unstuck.

HOW YOU GET UNSTUCK

Think about a time you recently felt stuck.

What was the problem?

What did you do about it?

What was the outcome of your action (or non-action)?

What do you wish you had done differently?

Now think about changes you can make for the *next* time you get stuck.

Where do you get tangled up when trying to get unstuck?

What would you like to do differently?

Any other thoughts about getting stuck, getting unstuck, and moving forward?
