

Get Unstuck

A new way forward in minutes.



differently
RETHINK WHAT'S POSSIBLE

#1: Unpack Your Thinking: What has you feeling “stuck”? What happened? Why is it important to you? What specifically is causing you to feel *stuck*?

#2: Tune In: Don't believe everything you think.
Examine, sort through and challenge your own thinking.

#3: Imagine “Unstuck”. What does it look and feel like. Describe in as much detail as possible.

#4: Align Your Actions: With your vision of “unstuck” in mind, brainstorm at least 5 actions you could take that align with your vision.

#5: Move Forward, Intentionally. Choose one action you will take and plan when you will take it. Tell someone else for accountability.

Tools + Resources

Wherever you are on your journey, there are resources to help you. Here are a few ways that I can support you.

Check out the Podcast!



Ready to go deeper?



Coming Soon!



If you found this journaling exercise helpful, you're going to love interactive journaling!
Available late summer 2024

Learn more...

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