

Getting Unstuck Template

by Marlene Dillon, Author of *I'm Proud to Be Natural Me!*

This is a very simple trick that I use whenever get stuck on a project, writing assignment, or even work around the house. It is very effective, if you allow yourself to be open to it. Trouble moving forward? Simply answer the questions below at the moment you find yourself stuck.

1. **What am I struggling to do?** _____
_____ .
2. **What is the hindering thought that crosses my mind every time I think to start?** _____
_____ .
3. **What don't I know or understand that is making moving forward difficult?**
_____ .
4. **What do I need to accept to move forward on this?** _____
_____ .
5. **What do I need to know?** _____
_____ .
6. **Where/from whom can I gain the information I need to know/who do I need to reach out to/what do I need to *just* do?** _____
_____ .
7. **List all things that need to be done regarding this (on back in any order):**
8. **What small step will I take right now?** _____