

From Stuck to Shifted: A Reset Guide for When You're in a Rut

1. Notice the Signs

Start by naming where you are, without judgment.

I feel stuck when...

Right now, I feel... (check all that apply)

- Unmotivated
- Overwhelmed
- Burned out
- Bored
- Unclear
- Disconnected
- Other: _____

What's one word that describes the season I'm in?

2. Identify the Pattern

*We often repeat the same behaviors without realizing it.
Awareness helps break the cycle.*

What habits, thoughts, or behaviors might be keeping me stuck?

What am I avoiding that might need attention?

When was the last time I felt momentum? What was different then?

3. Small Shift, Big Impact

*You don't need a massive overhaul, just a small spark to
shift forward.*

One small thing I can do today to feel more energized:

One area I want to give more attention to this week:

A habit or practice I want to try again:

4. Reclaim Your Direction

Clarify where you want to go, even if it's just the next step.

What does "unstuck" look or feel like to me?

How do I want to feel one week from now?

One intention I'm setting for the next 7 days:

This reset is yours; come back to it anytime you feel stuck, scattered, or off track.

Growth doesn't always look like movement. Sometimes, it starts with stillness and a shift in perspective.