



Getting Unstuck

Moving from “I have to, but I can’t” to “I have options”

Use this process for one situation at a time.

You can write in bullet points, phrases, or full sentences—whatever helps you think.

1. Name the thing

What is the thing you need, want, or are expected to do?

Capture what your brain is telling you about the outcome right now.

Don’t worry about how objectively true the story is. Your emotions respond to the stories in your head, not just to facts. If there are multiple, even conflicting stories, include them all.

What might happen if you don’t do it?

What might happen if you do it?

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2. Zoom out to the bigger goal

Setting aside the specific task for a moment, what's the larger goal this will help you achieve?

(Examples: "Protect my team's workload," "Hit the launch deadline," "Strengthen trust with my boss," "Take care of my own health," etc.)

3. What's actually blocking you?

What happens when you try to do the thing (or think about doing the thing)? Don't worry about how rational or reasonable any of this is. Just notice it.

What happens in your body?

What stories do you tell yourself?

How are other people resisting or not understanding?

What else gets in the way?

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4. Expand your options

When we're stuck, it's often because we've quietly decided there is only one way forward—and that way isn't working. This section helps you widen your options beyond your usual toolbox.

First, list what you've already tried to move forward:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Next, we'll brainstorm different kinds of strategies. Aim for 6 ideas in each list. Some of them should feel unrealistic or even silly. That helps you break out of your usual thinking box.

A. Push Through the Block

"Push through" strategies increase your momentum to move through the block.

Examples: assigning more people to help, time-blocking, creating a deadline, offering rewards or extra incentives (for yourself or others).

What are 3–6 push-through options you could try?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



B. Dissolve the Block

"Dissolve" strategies address the source of the block so it loosens or disappears.

Examples: coaching, journaling, reframing the story, getting more context, having a clarifying conversation, looking at the problem from a new perspective.

What are 3–6 dissolve options you could try?

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
-

C. Reroute Around the Block

"Reroute" strategies find other ways to reach the bigger goal without going straight through this specific block.

Go back to the larger goal you identified. Are there other ways to reach that goal that don't require doing this exact task in this exact way?

What are 3–6 reroute options you could try?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

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5. Choose your next move

Looking back at your ideas:

Which 1–2 options feel both doable and respectful of you and the other people involved?

Which ones make your body feel a little lighter (even if they're still a stretch)?

How could you experiment with one of those options to see if it helps you get moving again?



6. Action plan

Who can help?

Everything is harder when you believe you have to do it alone. (Spoiler: This is where having a coach can be really helpful)

Who can listen to how you feel (even if it doesn't seem rational)?

Who can help you think through the strategy?

Who can help with the actual execution?

What's the very first step?

What could you do in the next 15 minutes to move one small step forward?

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7. Quick reflection (after you try the step)

After you try your first step, jot a few notes:

What happened?

What surprised you?

What did you learn about what was really blocking you?

What will you do next?

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