WORKSHEET

GET SITUATED *by Kalika*

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BEFORE YOU BEGIN

Grab a notebook or open a fresh page.

Pick one area of your business or life that feels stuck. A launch you keep delaying. A habit that won't stick. A goal that keeps slipping. Hold that one thing in mind as you move through these prompts.

Write quickly. Don't edit yourself. Tell the truth on paper. The clarity comes from the writing.

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Part 1: Catch the Question

What's the stuck thing you're holding right now?

When you think about it, what question have you been asking yourself?

(*Examples: "Why can't I focus?" "What's wrong with me?" "Why am I so behind?"*)

What does that question make you feel about yourself?

Part 2: Swap the Question

Now write the new question at the top of your page: What's wrong with my situation?

List everything that comes up. No filtering. Some prompts to help:

- Is the task clear, or is it actually fuzzy?
- Where am I doing this work? What's around me?
- Who am I talking to about this?
- How much sleep have I had this week?
- What am I avoiding because I don't have enough info or feedback?
- What's pulling on my attention right now?

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Part 3: Audit Your Space

Stand up. Look at your workspace.

What three objects are within arm's reach during your most important work block?

Are they helping or hurting your focus?

What's one thing you can move out of sight in the next 60 seconds?

Part 4: Audit Your Peers

Write down the five people you talk to most about your business.

1.
2.
3.
4.
5.

For each, mark a U if they pull you up, an L if they hold you in place, or a ? if you're not sure.

Who's missing from this list? Name one person who's a step or two ahead of you that you'd like to know better.

Part 5: Make One Move

Pick one tiny change you can make this week. Just one.

Examples:

- Move your phone out of the room during your morning work block
- Reach out to one mentor with one specific question
- Block 90 minutes on your calendar for the stuck thing
- Show up at the room or community you've been circling for months

Write the move here:

When will you do it?

Who will know about it (so you have one quiet witness)?

CLOSING REFLECTION

Read what you wrote. Take a breath.

Notice how different the page looks when you stop asking what's wrong with you and start asking what's wrong with your situation.

Now look at your one move. That's it. That's the whole assignment for this week.

What you need is a better situation. And shaping it is something you can actually do.

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