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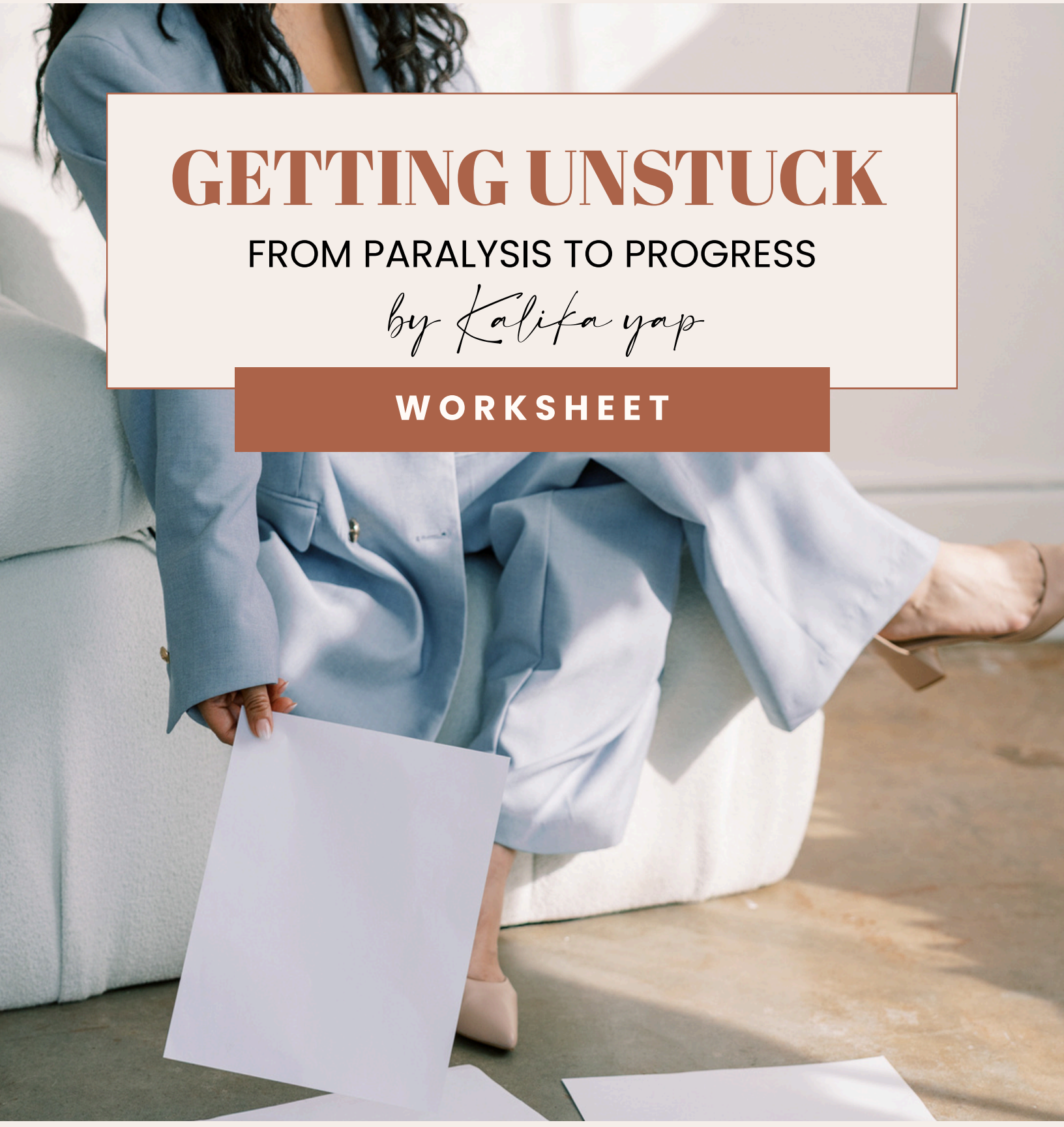

GETTING UNSTUCK

FROM PARALYSIS TO PROGRESS

by Kalika yap

WORKSHEET

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INTRODUCTION

Being stuck is one of the most frustrating feelings in entrepreneurship. You know you need to move forward, but you feel frozen. Paralyzed by options, by fear, by overwhelm, by not knowing which path to take.

This worksheet is designed to help you get honest with yourself about what's really keeping you stuck—and more importantly, to help you take the first step toward getting unstuck.

There's no judgment here. We've all been stuck. The difference between people who succeed and people who don't isn't that successful people never get stuck—it's that they have tools to get themselves unstuck faster.

Let's find yours.

Part 1: Name What's Really Going On

I feel stuck in this area of my business or life:

_____

When I think about this area, the feeling I have is (fear, overwhelm, confusion, anger, sadness, etc.):

_____

If I'm being completely honest, I've been stuck here for (days, weeks, months, years):

_____

Part 2: Reality vs. Story

What am I telling myself is the reason I'm stuck?

_____

Is this the actual reality, or is this a story I'm telling myself?

_____

If this is a story, what's the real truth underneath it?

_____

Part 3: Pinpoint the Overwhelm

What specifically is overwhelming me right now? (Check all that apply)

- ☐ Too many options and I don't know which to choose
- ☐ Financial pressure or uncertainty
- ☐ A relationship that's draining my energy
- ☐ Feeling like I'm not good enough
- ☐ Too much on my plate and not enough time
- ☐ Fear of failure or making the wrong decision
- ☐ Fear of success and what it might require of me
- ☐ Comparison to others who seem further ahead
- ☐ Not knowing what I don't know
- ☐ Other: _____

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Of all the things I checked, which ONE is bothering me the most right now?

Part 4: The Brain Dump

Write everything that's in your head about this issue. Don't edit, don't judge, just write. Get it all out.

Part 5: What Can I Control?

Looking at everything I just wrote, what parts of this can I actually control?

What parts are completely outside my control?

I commit to letting go of what I can't control and focusing my energy on what I can control.

Signature: _____ Date: _____

Part 6: The one thing

If I could only focus on ONE thing to move forward, what would it be?

What would happen if I did this one thing today?

What's stopping me from doing this one thing right now?

Is that reason real, or is it another story I'm telling myself?

Part 7: Who Can Help?

Who in my life has my best interests at heart AND can give me honest feedback?

1. _____
2. _____
3. _____

Of these people, who has actually been where I'm trying to go?

_____

Who should I NOT ask for advice on this? (Because they don't have my best interests at heart or haven't walked this path)

_____

Part 8: Working On Yourself

What's one thing I can do to work on myself while I figure this out?

- ☐ Take a personal development class
- ☐ Listen to a podcast about this topic
- ☐ Read a book that addresses this challenge
- ☐ Work with a coach or therapist
- ☐ Join a mastermind or community of people facing similar challenges
- ☐ Use AI to brainstorm ideas and strategies
- ☐ Other: _____

I commit to doing this by (date): _____

Part 9: What Needs To Come Off My Plate?

To get unstuck, I need to stop doing: _____

I need to say NO to: _____

I need to move these items down the road (postpone but not cancel):

_____

_____

Part 10: The First Step

Based on everything I've written in this worksheet, my FIRST STEP to getting unstuck is: _____

I will do this on (specific date and time): _____

The person who will hold me accountable for this is: _____

Part 11: Checking In With Future Me

One week from now, I will come back to this worksheet and answer:

Did I take the first step? ☐ YES ☐ NO

If yes, what changed? How do I feel now? _____

If no, what stopped me? Was it real or was it a story? _____

What do I need to do differently this week? _____

CONCLUSION

Getting unstuck isn't about having all the answers.

It's about being willing to ask yourself honest questions, focus on one thing at a time, and reach out to people who can help you see what you can't see on your own.

You've just done the hard work of naming what's keeping you stuck. Now comes the even harder work: taking action even when you don't feel ready.

Remember what Elizabeth Yang said: "Work on yourself first, and then the light will come."

The light is coming. Keep moving toward it.

Work on yourself first, and then the light will come.

— Elizabeth Yang