A GUIDED REFLECTION

When you feel stuck

Four questions. One small next step.

You can spend a whole day doing things and still feel like none of them belong to you.

This is a little space to look at that. You do not need a plan for your whole life. Just something honest about where you are today.

HOW TO USE THESE PAGES

Set aside about ten quiet minutes. Print these pages, or answer in your own journal. Short, messy answers count. Skip anything you do not want to answer.

ONE EXAMPLE

> *“I keep saying yes to plans because I do not want to disappoint anyone. What I actually want this week is one evening at home. My next step is to leave Friday open.”*

01

What feels stuck?

Start with one part of your life. A specific moment is easier to understand than "everything is wrong."

Where do I feel stuck right now?

Work, a relationship, a decision, or the way my days feel.

What keeps happening that I wish would change?

Describe what actually happens. No need to explain it perfectly.

What is this taking out of me?

Time, energy, money, closeness, or room for something I care about.

You do not have to solve it on this page. Naming it is enough for now.

02

Where am I saying yes?

Some responsibilities matter to us, even when they are hard. Others stay on our list because we have never questioned them.

What am I doing mostly because I feel I should?

Name one thing. This is a question, not an instruction to quit it.

What am I afraid would happen if I changed it?

Someone might be disappointed. Something might be left undone.

What part matters to me, and what could change?

Could I ask for help, do less, change the timing, or say what I need?

A responsibility can be real, and the way you carry it can still change.

03

What do I actually want?

Your answer can be ordinary. An afternoon alone. More time to make things. A conversation you have been putting off.

What do I wish there were more room for this week?

Try an answer that begins with “I want” rather than “I should.”

When did I last enjoy something without needing it to be useful?

What was I doing? What part of it would I like again?

Do I want something new, or do I first need less on my plate?

If you are unsure, what small experiment could help you find out?

You are allowed to want something before you know how to make room for it.

04

What can I do next?

Choose a step that fits the time and energy you actually have. It can be an action, a request for help, or a planned pause.

One thing I want to make room for is...

Choose just one answer from the previous page.

My smallest useful step is... I will do it...

Be specific: “I will ask for help with dinner tonight” or “I will paint for ten minutes on Saturday.”

What could get in the way, and how could I make this easier?

A smaller step counts. Asking someone to help counts too.

Afterward, ask: Did this help? What did I learn? You can adjust your next step.