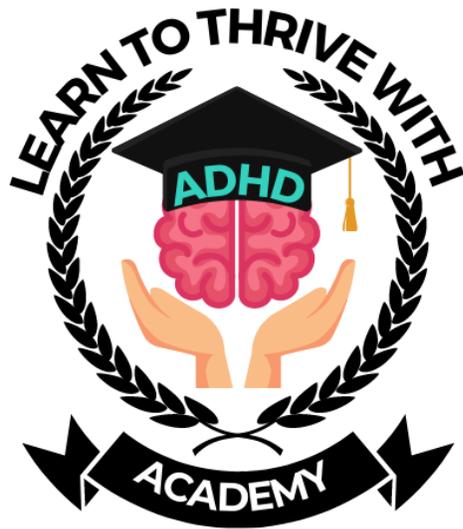


# HOW TO GET UNSTUCK WORKBOOK

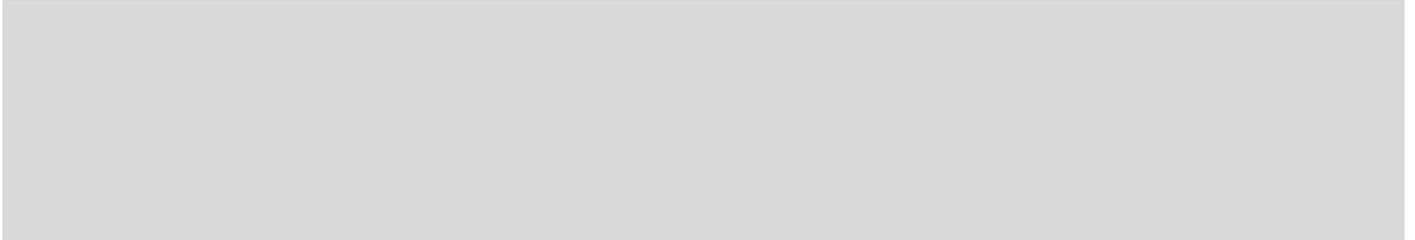


LEARN TO THRIVE WITH ADHD

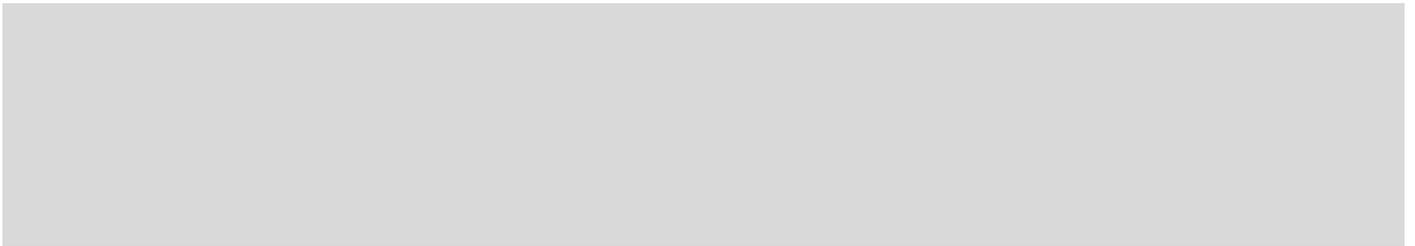
# DO YOU FEEL STUCK?

What do you feel is holding you back the most in these areas of your life?

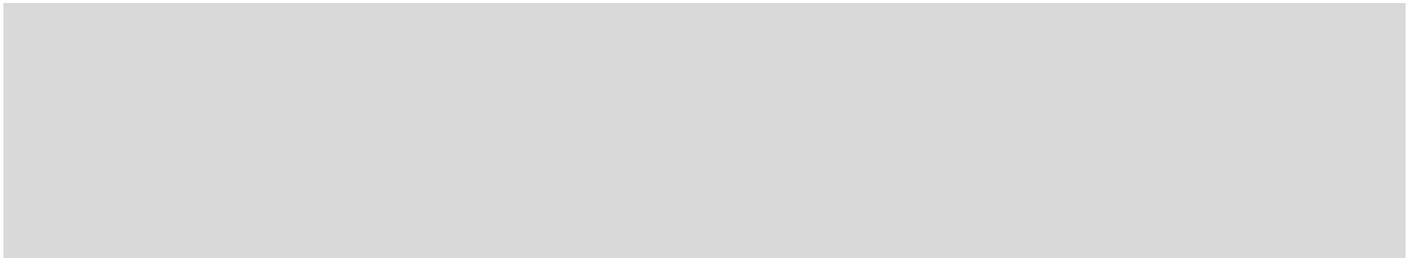
Personal life:



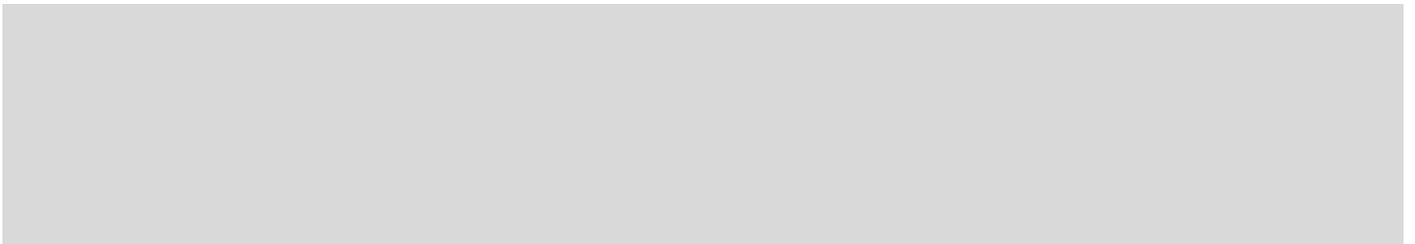
Professional life:



Day to day:



Knowing what you want:

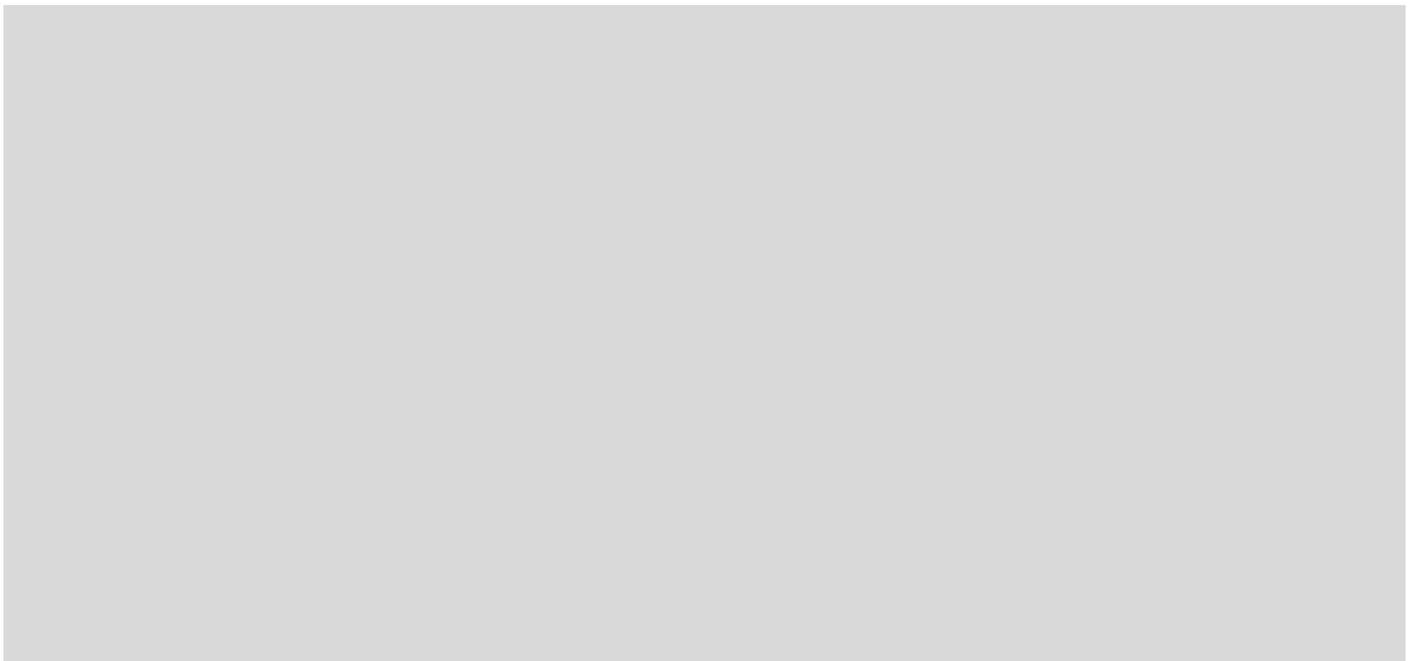


# PROMPTS

What could I start doing that I know would help me move forward?

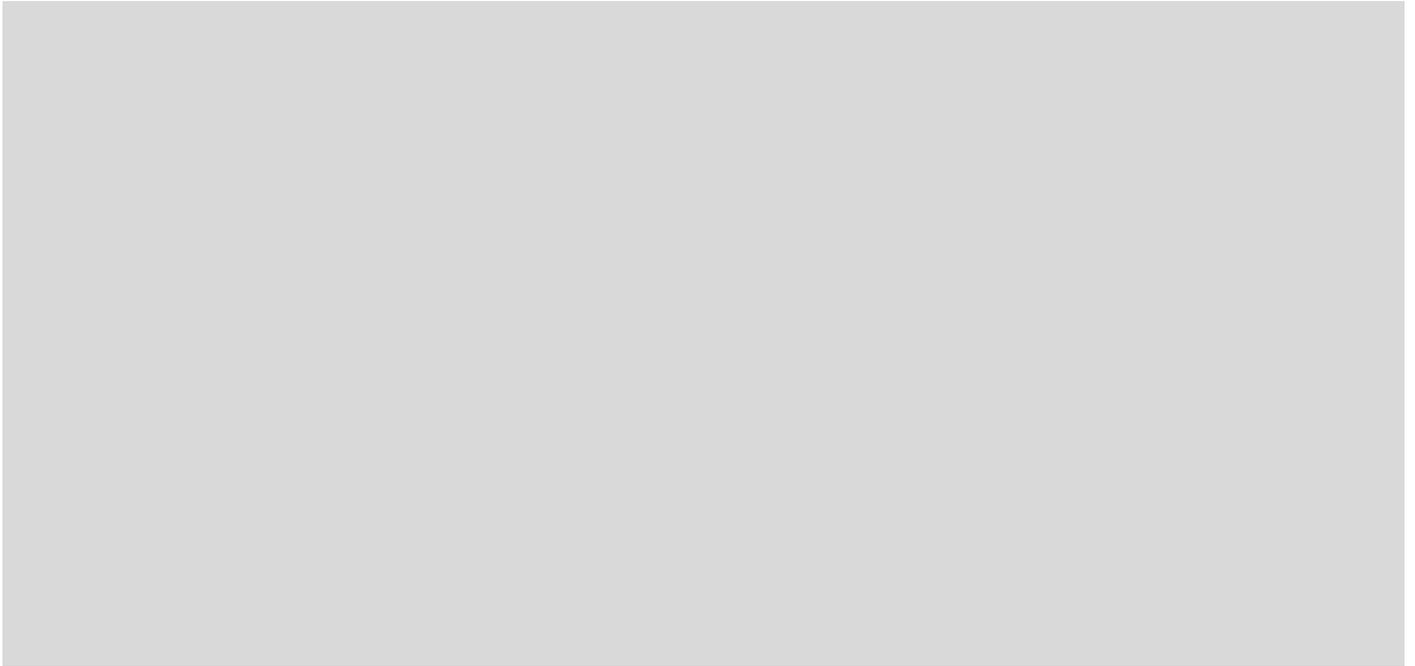


Who do I admire that I can emulate in some way?

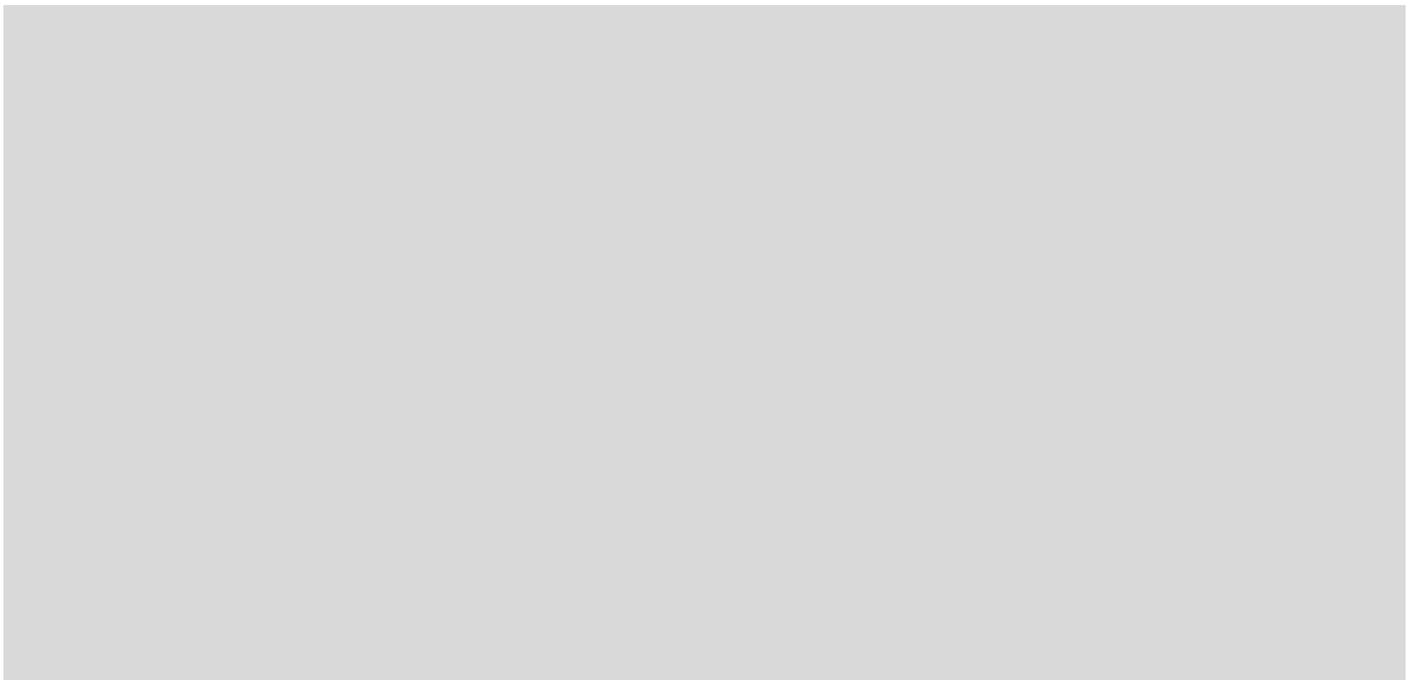


# PROMPTS

What could I give up that I know would significantly improve my life?

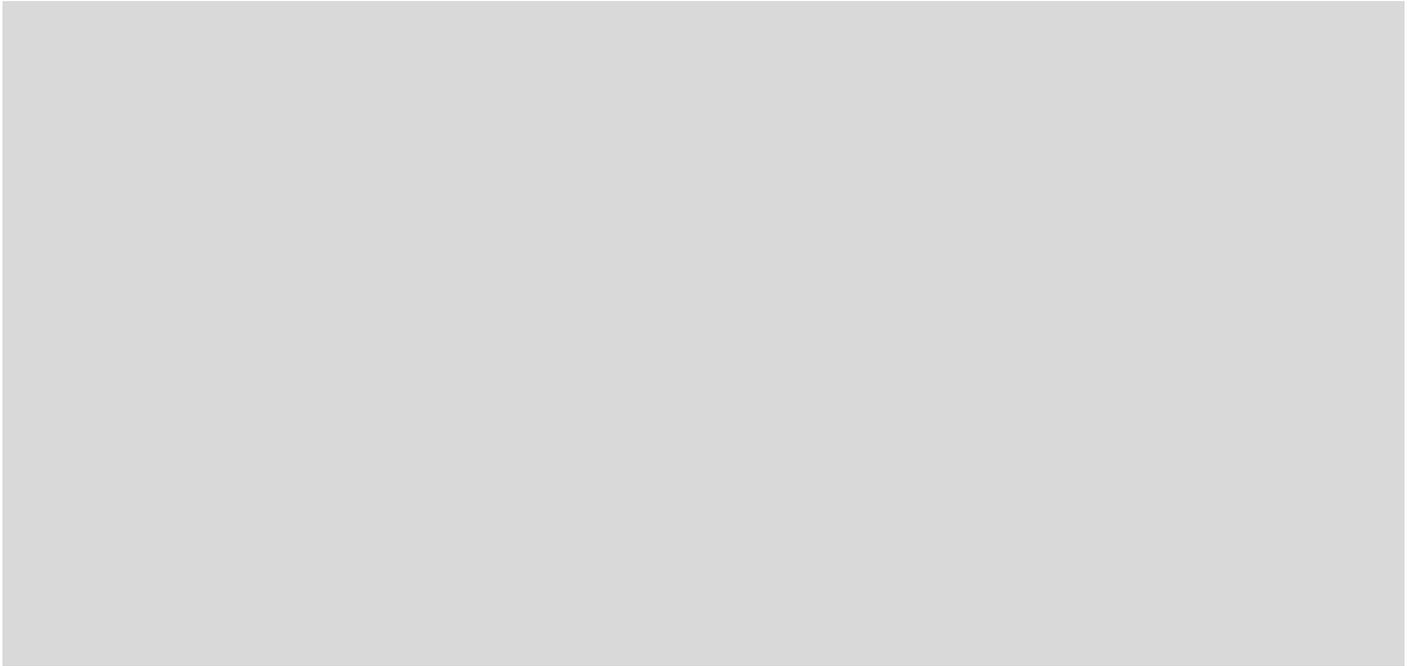


What am I afraid will happen if I take the steps towards the life I know I want?

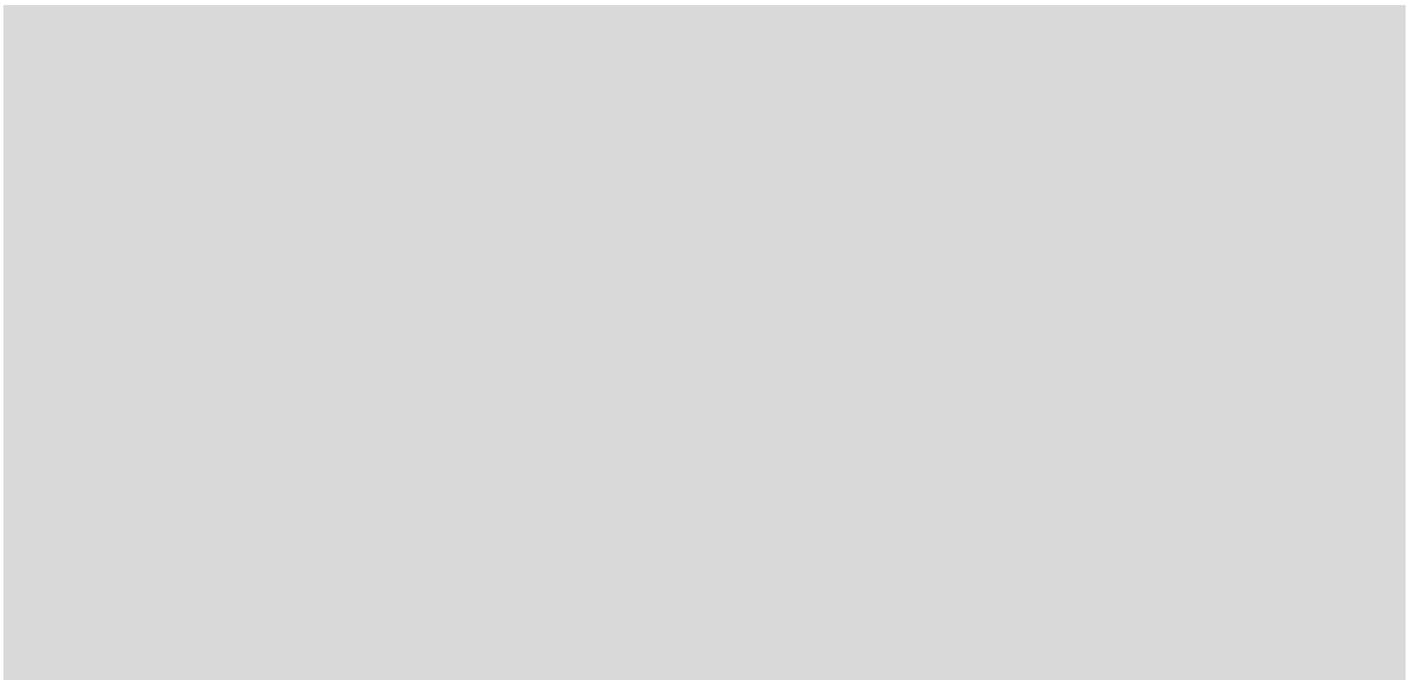


# PROMPTS

If I could do anything without any obstacles, what would that be?

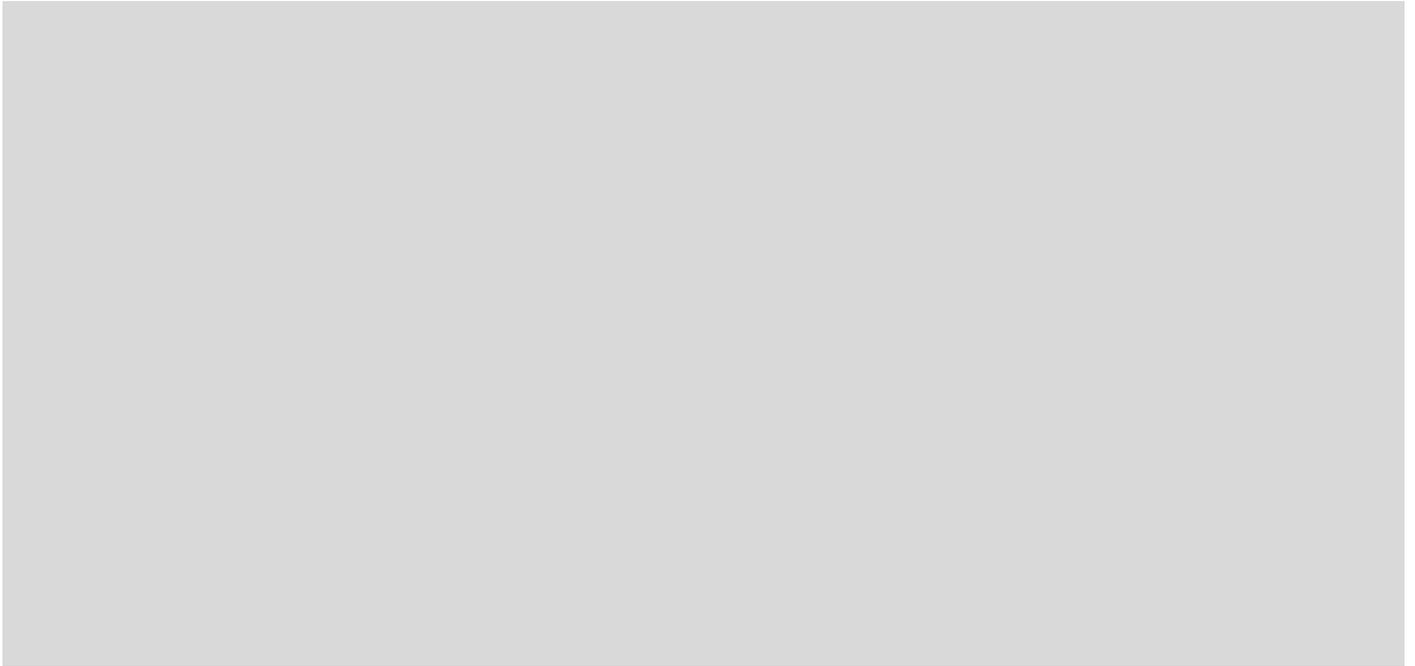


What is one small thing I can do to make today better than yesterday?

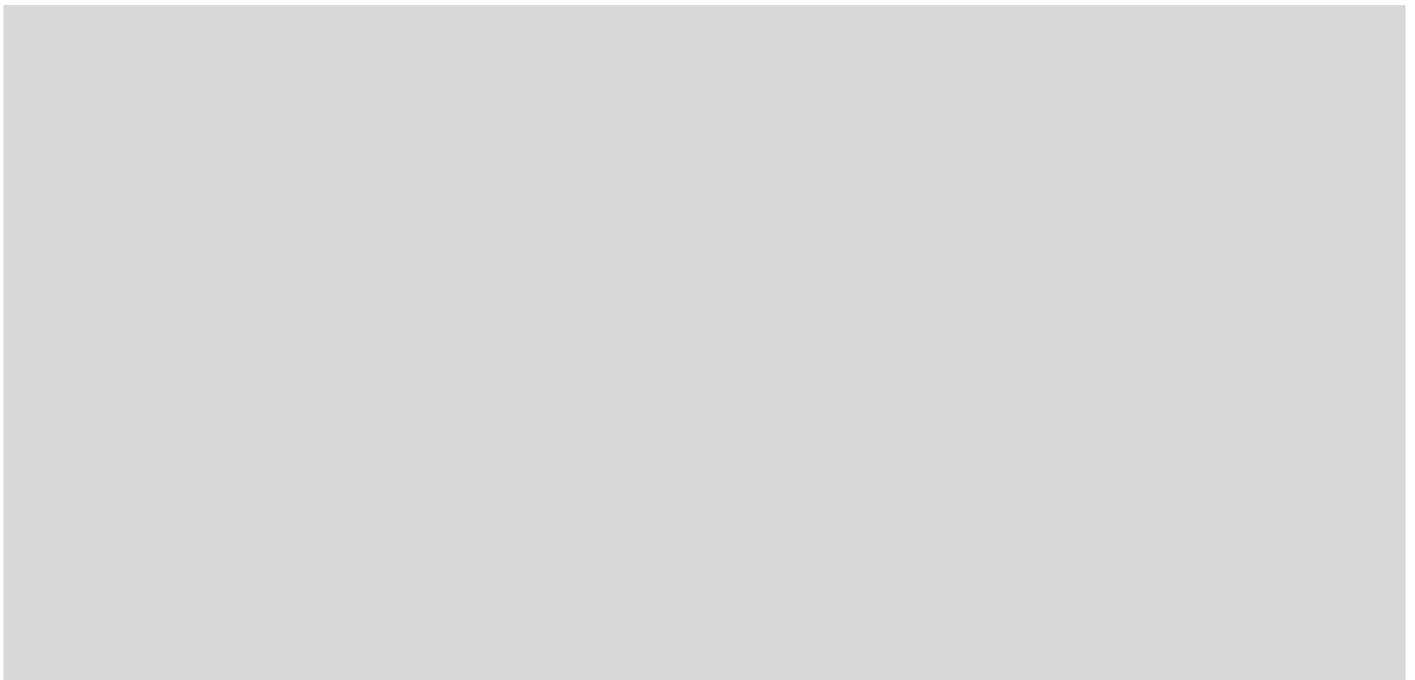


# PROMPTS

Who would I be if I didn't believe the thinking that was holding me back?



In what ways am I capable of far more than I give myself credit?



# INDULGENT EMOTIONS

Rate the level of impact these indulgent emotions have on your everyday life on a scale of 1 to 10. 10 being the most impact and 1 being the least.

	1	2	3	4	5	6	7	8	9	10
Doubt	<input type="radio"/>									
Overwhelm	<input type="radio"/>									
Confusion	<input type="radio"/>									
Indecision	<input type="radio"/>									
Procrastination	<input type="radio"/>									
Self-Pity	<input type="radio"/>									
Exhaustion	<input type="radio"/>									
Boredom	<input type="radio"/>									
Sadness	<input type="radio"/>									
Fear	<input type="radio"/>									

# BECOME THE BEST YOU

Identify at least 2 answers for each question to move you closer to your goal above.

1. What could you **STOP doing?**

2. What could you do **LESS of?**

3. What could you do **MORE of?**

4. What could you **CONTINUE doing?**

5. What could you **START doing?**

# NOTES