



feeling stuck in life workbook

"Feeling stuck is the universe's way of asking, 'Are you ready to grow?'"

- Mandy Hale

GET TO KNOW ME TIME!

Hello! My name is...

Nickname

Age

Address

Birthday

Zodiac Sign

My Hobbies are

My Favorite

Color:

Food:

Pet:

Song:

Movie:

Fun Facts About Me

My Motto in Life

WHERE AM I ON MY STUCK-NESS SCALE?

Feeling stuck shows up differently for everyone—maybe in work, relationships, habits, or even in how you see yourself. This page is just a quick check-in to see how you feel right now. There are no right or wrong answers, only honesty.

RATE YOUR CURRENT STUCK-NESS ON A SCALE OF 0-10

- 0 = I feel completely free and in flow.
- 10 = I feel like I'm glued to the floor and can't move forward.

My number

DESCRIBE YOUR "STUCK" IN A SENTENCE

(Example: "I feel stuck because I don't know if my job still excites me.")

WHERE DO YOU FEEL THE MOST STUCK?

Color the box to show how heavy it feels. The more percent heavy it feels, the more you fill in the

Work / Career	Money & Finances	Love / Dating	Confidence in Myself	Health & Energy
Personal Growth	Family Responsibilities	Life Direction / Purpose	Other:	

What's one small thing you could do this week to lighten the weight—even by 5%?

Reminder: Feeling stuck doesn't mean you're failing—it just means you're ready for change.