

WAYS YOU GET YOURSELF STUCK

As you read through the list, put an 'x' against each one that makes you go "OUCH" and put an 'g' against each one that makes you "GIGGLE."

| Ouch | Giggle | Ways to Get Yourself Stuck |
|--------------------------|--------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Lack of planning |
| <input type="checkbox"/> | <input type="checkbox"/> | Lack of organization |
| <input type="checkbox"/> | <input type="checkbox"/> | Lack of a system and process |
| <input type="checkbox"/> | <input type="checkbox"/> | Having no direction |
| <input type="checkbox"/> | <input type="checkbox"/> | Having no destination |
| <input type="checkbox"/> | <input type="checkbox"/> | Having no vision |
| <input type="checkbox"/> | <input type="checkbox"/> | Having no plan |
| <input type="checkbox"/> | <input type="checkbox"/> | Having no goals |
| <input type="checkbox"/> | <input type="checkbox"/> | Relying on memory |
| <input type="checkbox"/> | <input type="checkbox"/> | Keeping everything in your head |
| <input type="checkbox"/> | <input type="checkbox"/> | Not writing everything down |
| <input type="checkbox"/> | <input type="checkbox"/> | All talk and no action |
| <input type="checkbox"/> | <input type="checkbox"/> | Preparing to prepare |
| <input type="checkbox"/> | <input type="checkbox"/> | Planning to plan |
| <input type="checkbox"/> | <input type="checkbox"/> | Meeting about meetings |
| <input type="checkbox"/> | <input type="checkbox"/> | Not prioritizing |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking care of everyone else |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking care of everything except the most important and/or urgent |
| <input type="checkbox"/> | <input type="checkbox"/> | Over-committing |
| <input type="checkbox"/> | <input type="checkbox"/> | Multi-tasking |
| <input type="checkbox"/> | <input type="checkbox"/> | Doing too many things at the same time |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking on too many projects |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking on too much at one time |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting distracted (by people, e-mail, telephones, etc.) |
| <input type="checkbox"/> | <input type="checkbox"/> | Not making it important enough |
| <input type="checkbox"/> | <input type="checkbox"/> | Setting unrealistic timelines and deadlines |
| <input type="checkbox"/> | <input type="checkbox"/> | Underestimating how long everything will take |
| <input type="checkbox"/> | <input type="checkbox"/> | Over-scheduling |
| <input type="checkbox"/> | <input type="checkbox"/> | Not scheduling everything |
| <input type="checkbox"/> | <input type="checkbox"/> | Not scheduling anything |
| <input type="checkbox"/> | <input type="checkbox"/> | |
| <input type="checkbox"/> | <input type="checkbox"/> | Being too smart |
| <input type="checkbox"/> | <input type="checkbox"/> | Saying "I know that" |
| <input type="checkbox"/> | <input type="checkbox"/> | Knowing how it is |
| <input type="checkbox"/> | <input type="checkbox"/> | Not knowing what to do, how to do it, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | Yes but... |

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| <input type="checkbox"/> | <input type="checkbox"/> | That won't work because... |
| <input type="checkbox"/> | <input type="checkbox"/> | I can't because... |
| <input type="checkbox"/> | <input type="checkbox"/> | Nobody can do it as well as I can |
| <input type="checkbox"/> | <input type="checkbox"/> | Being hard on yourself |
| <input type="checkbox"/> | <input type="checkbox"/> | Over-thinking |
| <input type="checkbox"/> | <input type="checkbox"/> | Over-complicating |
| <input type="checkbox"/> | <input type="checkbox"/> | Being a perfectionist |
| <input type="checkbox"/> | <input type="checkbox"/> | Needing it to be perfect or not done at all |
| <input type="checkbox"/> | <input type="checkbox"/> | Needing to be right |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of being wrong |
| <input type="checkbox"/> | <input type="checkbox"/> | Having an attachment to the outcome |
| <input type="checkbox"/> | <input type="checkbox"/> | Not asking for help |
| <input type="checkbox"/> | <input type="checkbox"/> | By the time I explain it to someone else I could do it myself |
| <input type="checkbox"/> | <input type="checkbox"/> | It's quicker to do it myself |
| <input type="checkbox"/> | <input type="checkbox"/> | Needing to do it all at once or not at all |
| <input type="checkbox"/> | <input type="checkbox"/> | Going it alone |
| <input type="checkbox"/> | <input type="checkbox"/> | Being strong |
| <input type="checkbox"/> | <input type="checkbox"/> | Being independent |
| <input type="checkbox"/> | <input type="checkbox"/> | Isolating yourself |
| | | |
| <input type="checkbox"/> | <input type="checkbox"/> | Not believing in yourself |
| <input type="checkbox"/> | <input type="checkbox"/> | Believing it's impossible |
| <input type="checkbox"/> | <input type="checkbox"/> | Believing it will never work |
| <input type="checkbox"/> | <input type="checkbox"/> | Negative self-talk |
| <input type="checkbox"/> | <input type="checkbox"/> | Negative thinking—I can't |
| <input type="checkbox"/> | <input type="checkbox"/> | Limiting beliefs—I'm too dumb; I'm too short; I'm unlucky in love |
| <input type="checkbox"/> | <input type="checkbox"/> | Listening to too many people |
| <input type="checkbox"/> | <input type="checkbox"/> | Having trouble saying no |
| <input type="checkbox"/> | <input type="checkbox"/> | Worrying about what others will think or say |
| <input type="checkbox"/> | <input type="checkbox"/> | Talking yourself in and out of it |
| <input type="checkbox"/> | <input type="checkbox"/> | Allowing yourself to be stopped by criticism |
| <input type="checkbox"/> | <input type="checkbox"/> | Not asking for feedback |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting too many opinions |
| <input type="checkbox"/> | <input type="checkbox"/> | Listening to criticism |
| <input type="checkbox"/> | <input type="checkbox"/> | Listening to others |
| <input type="checkbox"/> | <input type="checkbox"/> | Not listening to others |
| <input type="checkbox"/> | <input type="checkbox"/> | Listening to the limiting beliefs of others |
| | | |
| <input type="checkbox"/> | <input type="checkbox"/> | Avoiding |
| <input type="checkbox"/> | <input type="checkbox"/> | Delaying |
| <input type="checkbox"/> | <input type="checkbox"/> | Procrastinating |
| <input type="checkbox"/> | <input type="checkbox"/> | Putting it off |
| <input type="checkbox"/> | <input type="checkbox"/> | Paralysis |

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|--------------------------|--------------------------|--------------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Being a victim |
| <input type="checkbox"/> | <input type="checkbox"/> | Blaming everything and everyone else |
| <input type="checkbox"/> | <input type="checkbox"/> | Impatience |
| <input type="checkbox"/> | <input type="checkbox"/> | Putting yourself second |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting emotional (upset, angry, frustrated) |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting overwhelmed |
| <input type="checkbox"/> | <input type="checkbox"/> | Focusing on the problem vs. the solution |
| <input type="checkbox"/> | <input type="checkbox"/> | Imagining the worst |
| <input type="checkbox"/> | <input type="checkbox"/> | Expecting the worst |
| <input type="checkbox"/> | <input type="checkbox"/> | Not taking a risk |
| <input type="checkbox"/> | <input type="checkbox"/> | Coping |
| <input type="checkbox"/> | <input type="checkbox"/> | Suffering |
| <input type="checkbox"/> | <input type="checkbox"/> | Settling |
| <input type="checkbox"/> | <input type="checkbox"/> | Surviving |
| <input type="checkbox"/> | <input type="checkbox"/> | Resignation |
| <input type="checkbox"/> | <input type="checkbox"/> | Losing focus |
| <input type="checkbox"/> | <input type="checkbox"/> | Losing courage |
| <input type="checkbox"/> | <input type="checkbox"/> | Giving up |
| | | |
| <input type="checkbox"/> | <input type="checkbox"/> | Lack of commitment |
| <input type="checkbox"/> | <input type="checkbox"/> | Lack of clarity |
| <input type="checkbox"/> | <input type="checkbox"/> | Lack of focus |
| <input type="checkbox"/> | <input type="checkbox"/> | Lack of follow-through |
| <input type="checkbox"/> | <input type="checkbox"/> | Lack of consistency |
| <input type="checkbox"/> | <input type="checkbox"/> | Lack of stick-to-itiveness |
| <input type="checkbox"/> | <input type="checkbox"/> | Starting and not completing |
| <input type="checkbox"/> | <input type="checkbox"/> | Not “chunking it down” to bite-size, manageable pieces |
| <input type="checkbox"/> | <input type="checkbox"/> | Going in a million directions at once |
| <input type="checkbox"/> | <input type="checkbox"/> | Having to do it all now |
| | | |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of rocking the boat |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of upsetting others |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of rejection |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of failure |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of not doing it right |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of not doing it perfectly |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of looking silly or stupid |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of not looking good |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of standing out |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of not making it |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of not being good enough |
| <input type="checkbox"/> | <input type="checkbox"/> | Fear of success |

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|--------------------------|--------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Having no balance in life |
| <input type="checkbox"/> | <input type="checkbox"/> | Not getting enough sleep or rest |
| <input type="checkbox"/> | <input type="checkbox"/> | Not getting enough exercise |
| <input type="checkbox"/> | <input type="checkbox"/> | Not taking care of yourself |
| <input type="checkbox"/> | <input type="checkbox"/> | Not paying attention to your health |
| <input type="checkbox"/> | <input type="checkbox"/> | Not having a moment to spare |
| <input type="checkbox"/> | <input type="checkbox"/> | No contingency time |
| <input type="checkbox"/> | <input type="checkbox"/> | No margin of time or energy |
| <input type="checkbox"/> | <input type="checkbox"/> | No reserves |
| | | |
| <input type="checkbox"/> | <input type="checkbox"/> | Not staying focused on the present and the future |
| <input type="checkbox"/> | <input type="checkbox"/> | Holding onto hurt |
| <input type="checkbox"/> | <input type="checkbox"/> | Dwelling on past failure |
| <input type="checkbox"/> | <input type="checkbox"/> | Living in the past |
| | | |
| <input type="checkbox"/> | <input type="checkbox"/> | Playing it safe |
| <input type="checkbox"/> | <input type="checkbox"/> | Staying under the radar—maybe they won't notice |
| <input type="checkbox"/> | <input type="checkbox"/> | Playing "what if...it doesn't work/fit/start/get off the ground, etc.?" |
| <input type="checkbox"/> | <input type="checkbox"/> | Holding back |
| <input type="checkbox"/> | <input type="checkbox"/> | Playing small |
| <input type="checkbox"/> | <input type="checkbox"/> | Trying to please everybody |
| <input type="checkbox"/> | <input type="checkbox"/> | Losing sight of your dream |
| <input type="checkbox"/> | <input type="checkbox"/> | Losing your passion |
| <input type="checkbox"/> | <input type="checkbox"/> | Worrying |
| <input type="checkbox"/> | <input type="checkbox"/> | Doubt |
| <input type="checkbox"/> | <input type="checkbox"/> | Complaining |
| <input type="checkbox"/> | <input type="checkbox"/> | Blaming |
| <input type="checkbox"/> | <input type="checkbox"/> | Losing focus |
| <input type="checkbox"/> | <input type="checkbox"/> | Explaining, justifying, and defending |
| <input type="checkbox"/> | <input type="checkbox"/> | Comparing yourself to others |
| <input type="checkbox"/> | <input type="checkbox"/> | Feeling less than others |
| <input type="checkbox"/> | <input type="checkbox"/> | Overreacting |
| <input type="checkbox"/> | <input type="checkbox"/> | Making mountains out of molehills |
| <input type="checkbox"/> | <input type="checkbox"/> | Not managing yourself |
| <input type="checkbox"/> | <input type="checkbox"/> | Moving too fast |
| <input type="checkbox"/> | <input type="checkbox"/> | Moving too slowly |
| <input type="checkbox"/> | <input type="checkbox"/> | Waiting until you feel like it |
| <input type="checkbox"/> | <input type="checkbox"/> | Waiting until the perfect moment |
| <input type="checkbox"/> | <input type="checkbox"/> | Waiting to get motivated and inspired |
| <input type="checkbox"/> | <input type="checkbox"/> | Waiting until the moon is aligned with Neptune |
| <input type="checkbox"/> | <input type="checkbox"/> | Wishful thinking |