

WAYS TO GET YOURSELF STUCK

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"/>	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...

<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 limited 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
<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
<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