GET UNSTUCK

WHERE ARE YOU STUCK?

WHAT ARE THE SIGNS THAT YOU'RE STUCK?

WHY DO YOU THINK YOU'RE STUCK?

HAVE YOU BEEN STUCK HERE BEFORE?

WHAT HAVE YOU TRIED ALREADY?

WHAT CAN YOU JETTISON?

WHAT HELPFUL TOOLS CAN YOU FIND AROUND YOU?

WHAT KNOWLEDGE COULD HELP YOU GET UNSTUCK?

WHAT SKILLS COULD HELP YOU GET UNSTUCK?

WHAT FEELINGS COULD HELP YOU GET UNSTUCK?

RETRACE YOUR STEPS:

RETHINK YOUR ASSUMPTIONS:

3 THINGS TO TRY NEXT TIME YOU'RE STUCK:

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