

Atrium Social Development
SOLUTIONS

AM I STUCK?

A 10-minute honest check-in, not a personality quiz.

I get asked some version of this question more than any other: “How do I know if I’m actually stuck, or just going through a normal rough patch?”

There’s no perfect test for this. But over years of coaching, I’ve noticed the same handful of signs show up again and again in people who are genuinely stuck, not just tired, not just busy, but stuck. This isn’t about labelling yourself. It’s about getting honest enough to see clearly, which is always step one.

Part 1: The Signs

Read through the list below. Don’t overthink each one, tick it if it’s been true for you over the last month or two, not just today.

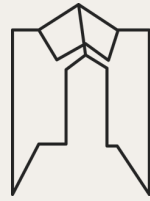
- ☐ You make the same decision over and over, but nothing actually changes.
- ☐ You feel busy, but not like you’re moving toward anything in particular.
- ☐ You’ve stopped setting real goals, because the last few didn’t stick.
- ☐ Other people notice you seem “off,” even if you can’t fully explain why.
- ☐ You know what you should do next, you just don’t do it.
- ☐ You compare your current life to where you thought you’d be by now, and it stings.
- ☐ Your energy for things you used to care about has quietly dropped off.
- ☐ You’re waiting for something, a sign, a mood, a “right time”, before you’ll actually start.
- ☐ You talk about change more than you make it.
- ☐ When you imagine the next 12 months staying exactly as they are, it doesn’t sit well with you.

Part 2: What Your Answers Are Telling You

0–2 ticked: You’re likely in a normal dip, not stuck. Worth a check-in with yourself now and then not urgent.

3–5 ticked: Something’s asking for your attention. Not a crisis, but a good moment to get intentional before it settles in.

6+ ticked: This is worth taking seriously. You’re not broken, but drifting on your own from here usually takes longer, and costs more, than doing it with structure and support.



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Part 3: Sit With It

Which one or two of the ticked items hit hardest, and why?

If nothing changes in the next 12 months, how do you feel about that?

What's one thing that's kept you from addressing this already?

Where to go from here...You don't have to work this out alone.

Recognising you're stuck is honest and useful, but insight on its own rarely moves anyone. What moves people is structure: a clear process, real accountability, and someone in your corner who isn't afraid to ask the harder question. That's the whole premise behind how I coach.

- Redesign for Growth — a 4-session programme built specifically to take you from stuck to a plan you'll actually follow.
- 1:1 Coaching — ongoing, structured sessions across life, career, business, or sport performance.
- Team Playground — if it's your team that feels stuck, not just you — a half-day workshop on team dynamics.

If any of this landed, I'd genuinely like to hear about it.

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