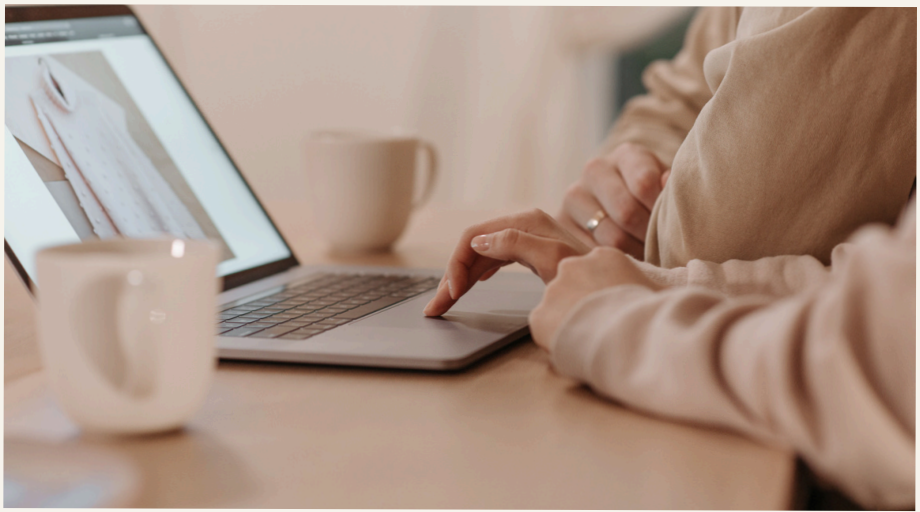


Let's Get Started

THE 5-DAY GET UNSTUCK CHALLENGE

YOUR 5-DAY JOURNEY TO FIND CLARITY, BUILD CONFIDENCE, AND TAKE YOUR NEXT MEANINGFUL STEP

By Dawn Booth | Confidence & Accountability Coach



DAWN BOOTH
LIFE COACH



Feeling Stuck? You’re in the right place.

HEY, I'M DAWN

I know what it feels like to stand at a crossroads, unsure of which way to turn. That feeling of being stuck, overwhelmed, or uncertain is a sign that you're ready for a change.

I've created this 5-day challenge to help you cut through the noise. By the end of this journey, you will have moved from confusion to clarity, armed with the confidence to take your next step, no matter how big or small.

Each day, you'll find a small mindset focus, a simple but powerful task, and a reflection prompt. Commit to just 15-20 minutes a day. You deserve this.

LET'S DO IT!

Dawn

YOUR 5-DAY JOURNEY TO CLARITY

DAY 1: Get Honest:

Acknowledge Where You Are Now

DAY 2: Reconnect:

Discover What Truly Matters to You

DAY 3: Challenge Yourself:

Uncover Your Confidence Blockers

DAY 4: Take Action:

Design Your Very First Step

DAY 5: Build Momentum:

Create Your Accountability Plan

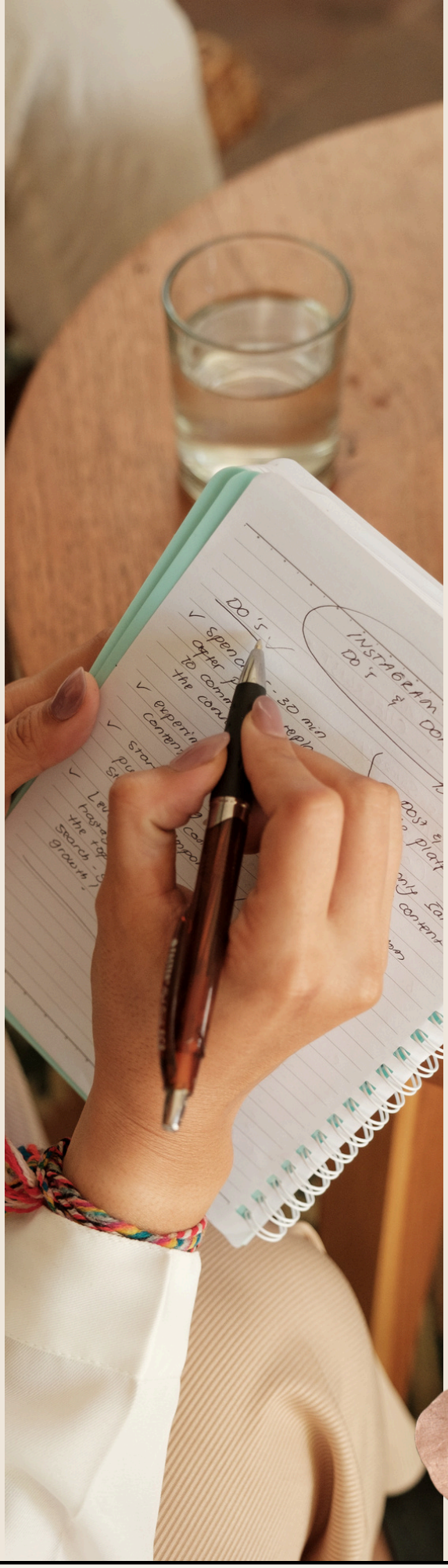
CHALLENGE YOURSELF TO SPEND JUST 15-20 MINUTES A DAY WORKING THROUGH THESE ACTIVITIES TO SEE WHAT CHANGES CAN BE MADE IN SUCH A SHORT SPACE OF TIME. ***START TODAY!***





"CHANGING YOUR LIFE... ONE THOUGHT AT A TIME"

www.dawnbooth.co.uk



DAY 1

ACKNOWLEDGE WHERE YOU ARE NOW

Clarity begins with honesty. Today, we're going to look at your current situation with curiosity, not judgment. This is simply your starting point.

Today's Action Task:

The 'Right Now' Snapshot:

- *"The area of my life/career where I feel most stuck is..."*
- *"On a scale of 1-10, my energy level regarding this is..."*
- *"Three words that describe how I feel right now are..."*

Evening Reflection:

"What was the most difficult or surprising thing to admit to myself today?"

YOUR NOTES:

Acknowledge Where You Are Now

The area of my life/career where I feel most stuck is...

On a scale of 1-10, my energy level regarding this is...

Three words that describe how I feel right now are...



EVENING REFLECTION

enjoy the process



AVOID THE TEMPTATION...

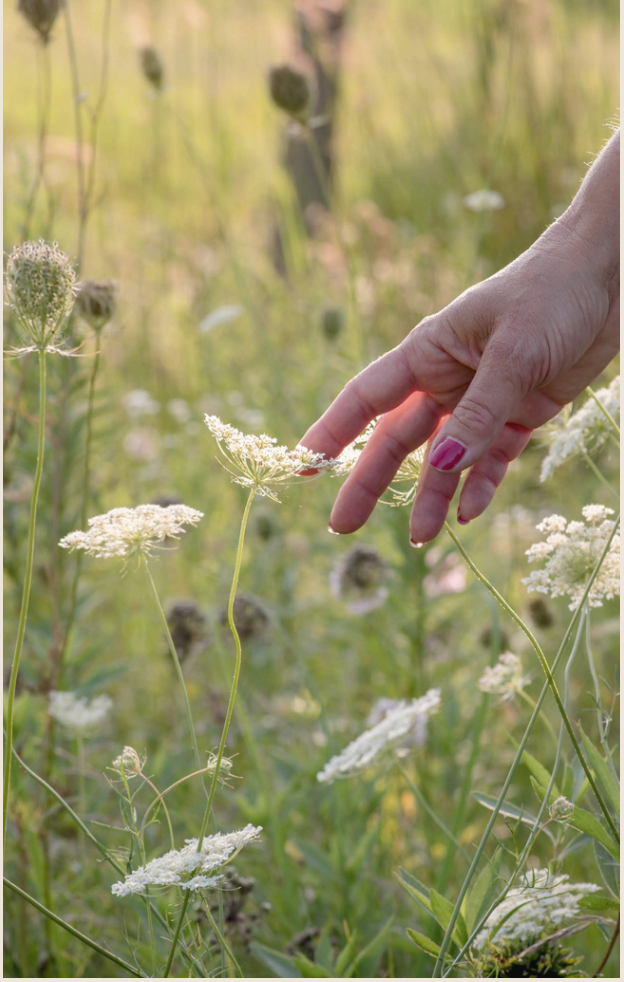
...To Move On To DAY TWO...

...Until You Have Completed DAY ONE

DAY 2

DISCOVER WHAT TRULY MATTERS

In times of uncertainty, your core values serve as a reliable compass. Today's focus is on realigning with your inner purpose—your 'why'—to move forward with clarity and intention.





Today's Action Task:

The Values Compass:

From the list below, circle the 5 values that are most important to you (e.g., Adventure, Security, Creativity, Connection, Growth, etc.)

The 'Peak Moment' Exercise:

Describe a time in your life when you felt truly alive and fulfilled. What were you doing? Which of your core values were you honouring?

Evening Reflection:

In what ways are my current 'stuck' situation out of alignment with my core values?

YOUR NOTES:

Discover What Truly Matters

Circle the 5 values that are most important to you (or add your own):

Adventure Security Creativity Connection Growth Success Respect Recognition Challenge Integrity Freedom Legacy Contribution

Describe a time in your life when you felt truly alive and fulfilled. What were you doing?



EVENING REFLECTION

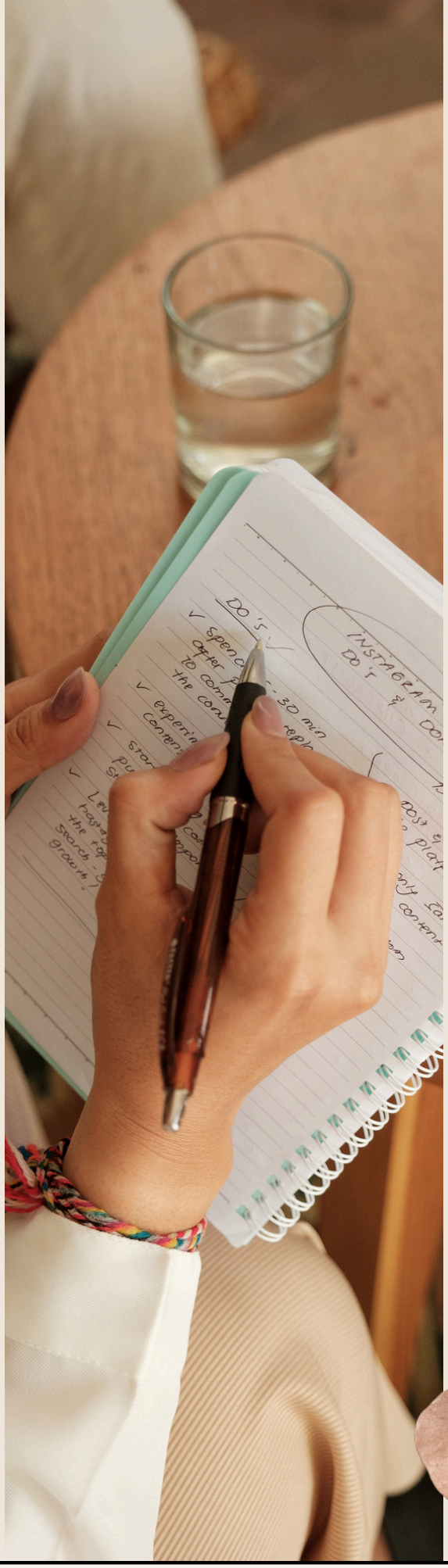
enjoy the process



YOU KNOW WHAT'S COMING...

...It's Important to Complete DAY TWO...

....Before starting DAY THREE



DAY 3

UNCOVER YOUR CONFIDENCE BLOCKERS

Often, what holds us back isn't the situation, but the stories we tell ourselves about it. Today, we'll gently challenge those limiting beliefs.

Today's Action Task:

Identify the Story

The main fear or limiting belief that keeps me stuck is... e.g. *"I'm not qualified enough"*, *"It's too late to change"*, *"I might fail"*

Gather Your Evidence

List three past accomplishments or challenges you've overcome. This is proof of your resilience and capability.

Evening Reflection:

What is a more empowering thought I can choose to believe instead?

YOUR NOTES:

Uncover Your Confidence Blockers

The main fear or limiting belief that keeps me stuck is...

List three past accomplishments or challenges you've overcome

1.

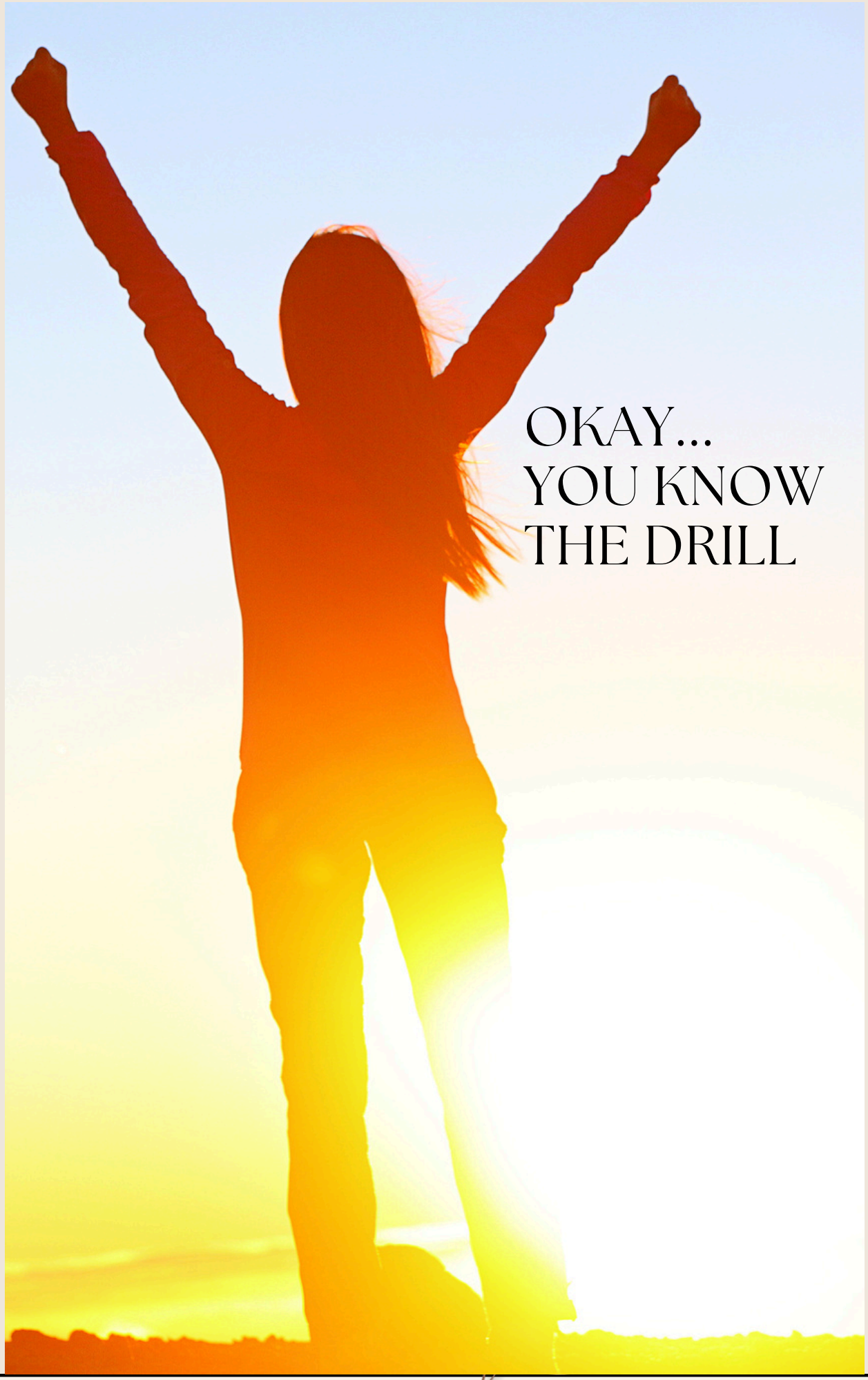
2.

3.



EVENING REFLECTION

enjoy the process


OKAY...
YOU KNOW
THE DRILL

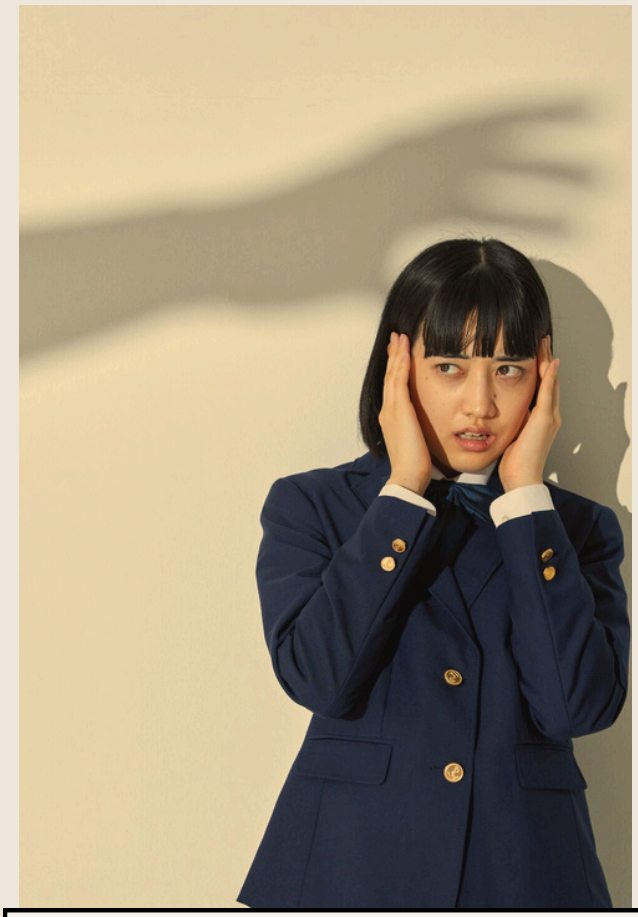
DAY 4

DESIGN YOUR VERY FIRST STEP

Action creates clarity.

You don’t need a ten-year plan today. You just need one small, manageable step to break the inertia.





Today's Action Task:

Brainstorm Possibilities

If fear was not a factor, what is the ONE thing you would love to do?

Define Your First Step

What is the absolute smallest action you can take in the next 48 hours to move toward that possibility? e.g. *Send one email, watch one webinar, draft one paragraph, make one phone call.*

Evening Reflection:

How does it feel to have a clear, concrete action to take?

YOUR NOTES:

Design Your Very First Step

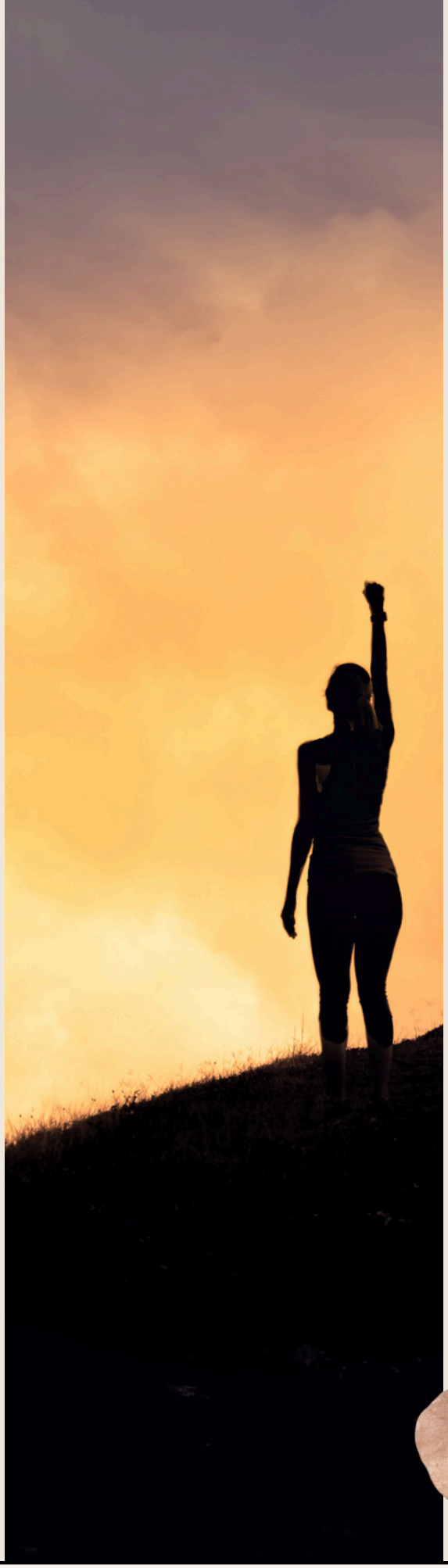
If fear was not a factor, what is the ONE thing you would love to do?

What is the absolute smallest action you can take in the next 48 hours to move toward that possibility?



EVENING REFLECTION

enjoy the process



DAY 5

BUILD YOUR MOMENTUM PLAN

Confidence is a result of keeping the promises you make to yourself. Accountability is the tool that ensures that you do.

Today's Action Task:

My Accountability Pledge

"I, [Your Name], commit to taking my 'First Step' by [Date/Time]"

My Support System

The person I will tell about my commitment is... OR "The system I will use to remind myself is..."

What's Next?

What are two more small steps that could follow the first one?

Evening Reflection:

What kind of support do I need to turn this single step into lasting momentum?

YOUR NOTES:

Build Your Momentum Plan

"I, _____, commit to taking my 'First Step' by ____/____

The person I will tell about my commitment is _____
OR The system I will use to remind myself is _____

What are two more small steps that could follow the first one?



EVENING REFLECTION

enjoy the process

CONGRATULATIONS & YOUR INVITATION

You did it! You are Officially Unstuck.

Congratulations on completing this 5-day challenge! You have taken the time to listen to yourself, find clarity and build a foundation of confidence. You've proven you are ready for what's next.

But momentum is fragile. Having a dedicated partner on your journey is the fastest way to turn these insights into lasting results.

If you're ready to get personalised support and powerful accountability to bring your vision to life, I invite you to book a complimentary 'Potential & Purpose' call with me.

On this private call we will...

- Celebrate your progress from the challenge.
- Pinpoint your No. 1 roadblock to lasting momentum.
- Explore what truly supported accountability could look like for you.

Book My Free Clarity Call



DAWN BOOTH
LIFE COACH



FINAL WORDS & WHERE TO FIND ME

What's Possible With the Right Support

Coaching me through life.....

Dawn is a compassionate, empathetic & beautiful human inside & out. She has helped me in so many ways & gives it to me straight! She helps me come up with ways to deal with whatever is going on in my life & helps me understand my feelings. My confidence has grown so much over the last year & having her supporting me & coaching me has been incredible. I am very lucky to have Dawn coaching me through life ♥

Kate Ray

Your journey is your own, but you don't have to walk it alone. Believe in your potential. I do.

Dawn Booth Life Coach

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