

## Unstuck: A self-reflection worksheet

*Based on the Emer;e Strong Society Method*

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### Introduction

Resilience isn't about pushing through at all costs — it's about knowing when to pause, reflect, and shift your perspective. This worksheet helps you explore what keeps you stuck and how to reshape your narrative so you can move forward with clarity and strength.

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### Part 1: Identify where you feel stuck

**Instructions:** Take a moment to name what feels heavy or unmoving in your life.

- Where in your life do you feel stuck? (career, relationship, self-worth, habits, etc.)
  - Describe how it feels in your body when you think about this.
  - What do you believe is keeping you stuck?
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### Part 2: Acknowledge the narrative

**Instructions:** Often, our mindset is shaped by past experiences, fear, or outdated beliefs. Let's uncover them.

- What story have you been telling yourself about this area of your life?
  - Where did that story come from? (An event? A person? A fear?)
  - Is it true, or just familiar?
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### Part 3: Reframe your perspective

**Instructions:** Now that you've identified the story, it's time to challenge it.

- What would you say to a friend who was stuck in this same story?
- What part of the story do you want to release?
- What could a new, more supportive narrative sound like?

*Example:*

Old: "I always mess things up when I try."

New: "I've learned from my mistakes and I'm showing up differently now."

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#### **Part 4: Small moves forward**

**Instructions:** Movement is medicine. Pick a starting point.

- What is one small, doable action you can take this week that honors your new narrative?
  - Who can support you in this shift?
  - When will you take that step?
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#### **Part 5: Affirm & integrate**

**Write your own affirmation to anchor your resilient mindset:**

*"I am not stuck. I am shifting. I am rewriting my story."*

Now breathe. You've started the process of becoming unstuck.