

# The Stop Being Stuck Challenge

## Day 1

### Where Are You Stuck?

We all have multiple priorities. We're all juggling many things at one time. As much as we'd like to, we can't move everything forward all at once. It doesn't work.

The first job today is to simply figure out what we're working on over the next few days. We can't do it all, so we have to pick one thing.

For some of you, you already know because it's the reason you signed up for the challenge.

For others, you're looking for a miracle with a million things you want to move forward right now. Pick one.

Write down what you want to move forward in this challenge and write down your WHY! Why are you doing this? What are you hoping to gain from this?

If you feel up to sharing within the group, please do so. I'd love to read what you write in the group!

Here are the questions! You can journal right on this page. You can grab a notebook or a sheet of paper and just write. You can use your computer and type everything up. However it works for you is fine with me!

1. What do you want to move forward on during this challenge?

2. Why are you in the challenge?

3. What are you hoping to gain from it?

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4. I also invite you to write a gratitude list around all the lessons you've learned and the experiences you've had that have gotten you here. Pay some attention to how far you've already come as you do this.

That's it!

Don't forget to check out the live video in the Facebook group, where I'll be expanding on this!

I'll see you tomorrow!

Laura