

A SELF-DISCOVERY MICRO GUIDE

AM I STUCK?

A no-BS reality check for figuring out if you're actually stuck — or just in a weird, uncomfortable chapter that's about to turn.



You Need to Read This First

If you're here, something in your life probably feels off — not dramatic, not a crisis, just... off. You're not behind. You're not broken. But you might be stuck, and there's a real difference between the two.

Being stuck isn't a personality trait. It's a state — usually temporary, usually fixable, and more obvious from the outside than from the inside. That's why a checklist helps more than another late-night spiral of self-doubt.

This won't tell you to "manifest" your way out. It's built to help you get honest about where you stand — then hand you something small and real to do about it.

1

Go through the signs checklist

Be honest, not aspirational.

2

Take the quiz and score yourself

5 minutes, no wrong answers.

3

Sit with 2-3 journal prompts

Whatever comes to your mind first.

4

Start the 30-day-plan.

Small task, repeated but not so boring.

7 Signs You Might Be Stuck



You say "I should" more than "I want to."

Your inner dialogue is mostly obligation.



You've rewritten your resume four times this year but never used it.

The prep has quietly become the whole activity.



Your weekends and weekdays feel identical.

Nothing marks time passing anymore.



You research more than you act.

Research became a substitute for risk.



You describe your life using someone else's timeline.

Stuck often hides behind a borrowed deadline.



You feel relief when plans get cancelled.

Most things on your calendar don't feel like yours.



Scrolling feels better than almost anything else.

It asks nothing of you, unlike everything else right now.

Checked 4 or more? Don't spiral — that's what the quiz on the next page is for.

The "Am I Stuck?" Quiz

Tap a number for each statement. 1 = not true at all, 5 = extremely true.
Checked 4+ signs on the last page? Pay close attention to your total here.

1 2 3 4 5

- I feel like I'm going through the motions more days than not.
- I have goals I rarely take real steps toward.
- I compare my timeline to other people's more than I'd like.
- I plan and prepare far more than I actually act.
- I use screens to avoid sitting with how I actually feel.
- I feel more like a spectator in my own life than a participant.
- Small decisions feel weirdly exhausting lately.
- I feel disconnected from people I used to feel close to.

Quiz Continued...

1 2 3 4 5

- I feel like I'm waiting for something before I can begin.
- I can list what's wrong but freeze when asked what's next.
- I feel low-grade guilt most of the time, no clear cause.
- My days don't feel meaningfully different from each other.
- I avoid conversations about my future — no good answers.

My Total Score -



Whatever you scored, don't stop here.

The next few pages turn this number into something you can actually act on — starting with a few honest questions.

What Your Score Means

15-26

Not Stuck — Just Tired

You're moving, even if slowly. What you likely need is rest, not reinvention.

27-38

Foggy

Some parts have momentum, others quietly stalled. Easiest stage to fix with small, specific action.

39-49

Stuck

Several areas stalled at once, starting to affect how you see yourself. Worth deliberate effort.

50-65

Very Stuck

Likely been building a while. Worth talking to a friend or a mentor alongside this guide.

A score is a mirror, not a verdict. It tells you where to look — the journal prompts and 30-day tracker on the following pages are where the actual movement happens.

Journal Prompts

IDENTITY

What's one thing I used to love doing that I've quietly dropped — and why?

ENERGY

What's one relationship or commitment that drains me every time, and what would changing it cost me?

DIRECTION

What am I doing right now because I actually want to — versus because it's expected of me?

AVOIDANCE

What's one thing I've been quietly avoiding — and what am I afraid it will confirm?

More Prompts

IDENTITY

Whose timeline am I measuring myself against — and have I ever asked if it's realistic?

ENERGY

When was the last time I felt genuinely excited about something? What was different then?

DIRECTION

If no one I know could see my choices, what would I do differently this month?

AVOIDANCE

If I only fixed one thing from this guide in 30 days, what would move the needle most?

The 30-Day Unstuck Plan

WEEK 1

NOTICE

- Track your energy 2x a day in one word each
- Write down every time you say or think "I should"

WEEK 2

NAME IT

- Pick the ONE area that scored highest on your quiz
- Tell one trusted person what you're working on

WEEK 3

MOVE

- Take the smallest possible action, every day
- Do one thing you used to enjoy, purely for its own sake

WEEK 4

CHECK IN

- Retake the quiz on page 4 and compare your score
- Decide your next 30 days — same focus or a new one

Track Your 30 Days

Tick a box each day you did one small thing toward getting unstuck. Don't break the chain.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

You're not behind. You're just between chapters.

Being stuck is a state, not a sentence.
The fact that you sat with this whole guide already means you're paying attention —
which is the part most people skip.

— made for the ones figuring it out in real time