

INSTRUCTIONS:

My Checklist to Get Unstuck in Life

- Print out the checklist on the 2nd page and review the 4 steps: 1.) *Mindset* 2.) *Work / Career* 3.) *Location* 4.) *Relationships*
- Fill out the top section. It seems stupid, but it's important. You're making a commitment to YOURSELF and starting the important process of getting thoughts out of your head when you do this.
- Do your best to come up with three tasks for each step. Don't beat yourself up about this. Just think of ANY action you can take. For ideas, visit: <https://www.thementalhealthupdate.com/posts/feeling-stuck-in-life>
- Carry this checklist with you every day, or put it somewhere you are GUARANTEED to see it every day. Change your environment to influence your behavior.
- Commit to doing at least ONE task every day from any of the sections. Just one. Part of changing your life is figuring out what works best for YOU. There's no particular order you need to go through these steps and tasks. Keep going for the timeline you set at the beginning. Print the checklist and start over whenever you want.
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My Checklist to Get Unstuck in Life

My Name:

My Goal:

Start date:

Timeline (a week, month, etc):

STEP 1:

IMPROVING MY
MINDSET

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Task 1:

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Task 2:

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Task 3:

STEP 2:

FINDING
MEANING IN MY
WORK

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Task 1:

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Task2:

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Task 3:

STEP 3:

SECURING MY
LOCATION

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Task 1:

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Task 2:

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Task 3:

STEP 4:

ENHANCING MY
RELATIONSHIPS

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Task 1:

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Task 2:

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Task 3: