

A person with long dark hair is holding a crystal ball in their right hand, positioned in front of their face. The crystal ball reflects the sunset background. The background is a soft, out-of-focus sunset with warm orange and pink tones. The entire image is framed by a thin white border with slightly rounded corners.

GETTING UNSTUCK

A SELF- EVALUATION WORKBOOK

by Erin Confor



Hello!

I'm so sorry you had to download this workbook. I know how it feels. At one point, I was in a job that felt completely limited, my social circle was changing rapidly, and I tried to do all the things to enjoy my life, but it felt like nothing was working. I thought it was because of a breakup, my dead-end career, or because I was fat. At times, I really was suffering because of those circumstances, but really, it was because my life wasn't aligned with who I actually am.

This workbook is intended to discover some of your pain points, and start identifying steps you can take to get you out of this space. I promise you, you don't have to stay stuck and dissatisfied. At the end of this, your life won't be fixed, but you might see some areas where a little attention could go a long way.

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Erin



Contents

INTRODUCTION

This area will give you an overview and intention of the workbook.

WELL-BEING

By measuring your current well-being honestly and accurately, you'll start to be able to see areas where you might be able to better take care of yourself, and as a result the rest of your life.

RELATIONSHIPS

Humans are social creatures. There is no right or wrong to whether we are happily single, married, divorced, partnered, have tons of friends or few friends, close with family or estranged from family, etc. However, in this section we're looking to honestly evaluate **your** level of satisfaction and connection.

CAREER

This section is focused on an exploration of the experience of working, not whether or not you have the title/job you yearn for. Through this exploration we'll be better able to create goals that align with your talents and values.



INTRODUCTION

This workbook covers three areas of your life: well-being, relationships, and your career. They're ordered this way intentionally. While many of my clients come to me because they are looking for something in their career, this growth cannot come without exploring the other areas of your life. I believe that well-being is the foundation to everything, and so we start there.

Relationships are next because our relationships will support our well-being and our careers.

When our relationships aren't working, often the rest of our lives become out of balance as well. We end with career because at this point, you're more present to who you are, not just what you "should" have on your resume.

In going through this, I recommend giving yourself some time and space. Put on some music, get a drink, take a few deep breaths, and remember that this is for YOU. No one will see this but you. There's no need to sugarcoat anything, or downgrade your brilliance. And so we begin.



Transform your future

Right now, tomorrow is likely going to be pretty predictable, even if what's predictable is that you'll be surrounded by chaos. The truth is that you have a lot more power over your life than you are willing to wield. So, as you work through this, consider who you are today, and get in touch with who you know your best self to be.

A huge part of getting unstuck is being willing to have it be different. Are you willing to put your needs first? Are you willing to try a different way? Are you willing to explore? Whatever it is that you're willing to do and be, you'll be able to transform. You're the key to unlocking all of this.

Trust yourself.

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Well-Being

Let's consider your well-being. Rate yourself:

My overall well-being is:

1	2	3	4	5	6	7	8	9	10
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My current physical well-being is:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

My current emotional well-being is:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

My current relational well-being is:

1	2	3	4	5	6	7	8	9	10
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My current spiritual well-being is:

1	2	3	4	5	6	7	8	9	10
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My current financial well-being is:

1	2	3	4	5	6	7	8	9	10
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My current fun/social well-being is:

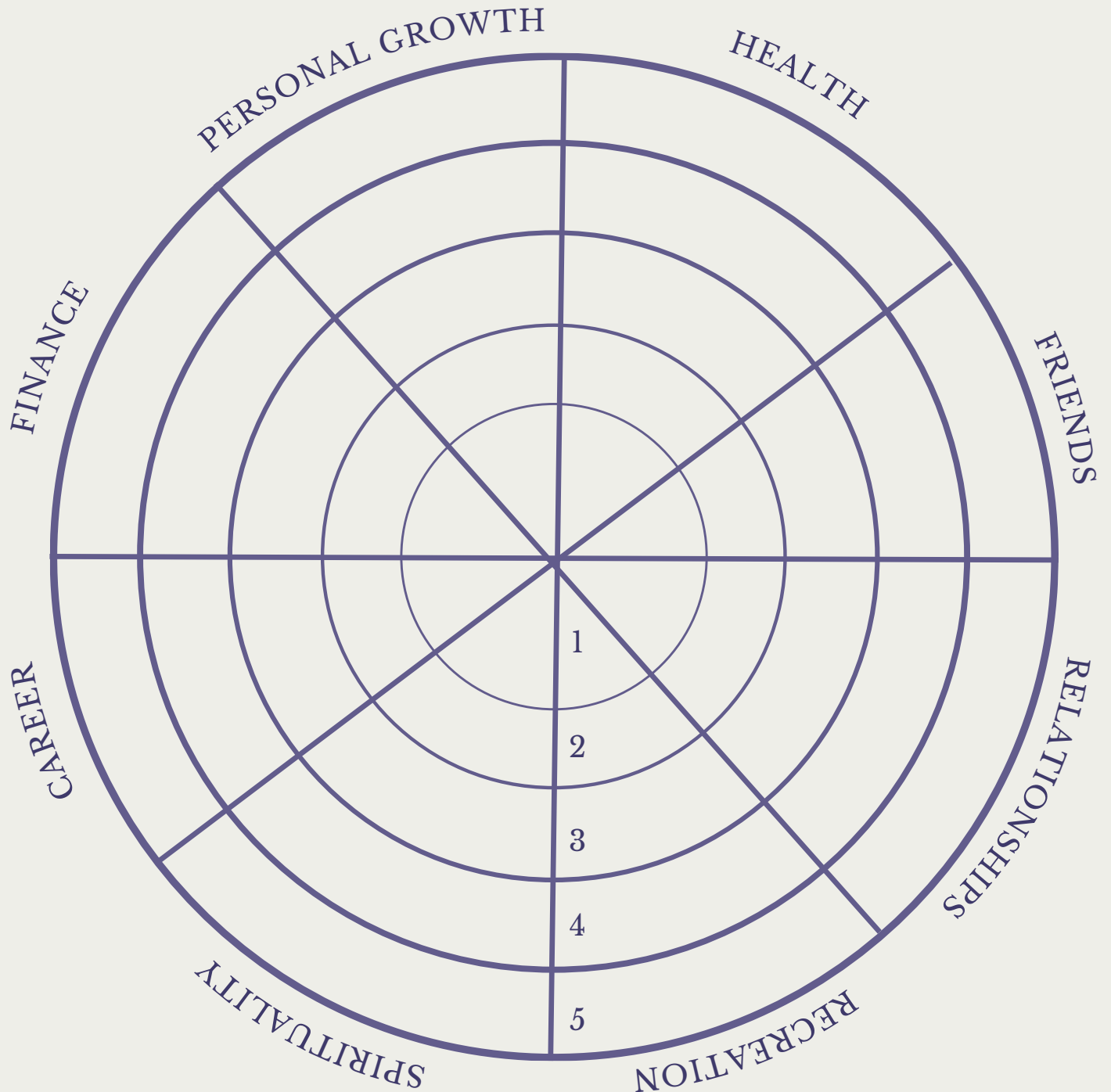
1	2	3	4	5	6	7	8	9	10
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My current intellectual well-being is:

1	2	3	4	5	6	7	8	9	10
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WHEEL OF LIFE

THE WHEEL OF LIFE IS A VISUALIZATION TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT MAY BE IN OR OUT OF BALANCE. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 5





RELATIONSHIPS

Whether we accept it or not, humans are social creatures. We can't thrive without each other. How we do so will vary from person to person, and what works in one relationship might not work in another. There is no right or wrong to whether we are happily single, married, divorced, partnered, have tons of friends or few friends, close with family or estranged from family, etc. In addition to our relationships with people, we also are in relationship to the world around us. In this section we're looking to honestly evaluate **your** level of satisfaction and connection in your relationships.

Relationships

Let's consider your relationships. Rate yourself:

My overall relationship satisfaction is:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

My current romantic relationship satisfaction is:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

My current family relationship satisfaction is:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

My current friendship relationships are:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

My current professional relationships are:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

My current relationship with myself is:

1	2	3	4	5	6	7	8	9	10
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If anything is missing, what would make them better?

Fill in the blanks:

For me, a satisfying relationship experience is like:

I know my relationships are thriving when:

I know I am loved when:

I express my affection and care by:

CAREER

This section is focused on an exploration of the experience of working, not whether or not you have the title/job you yearn for. Far too often, we forget why we work in the first place. Sure, yes, we want \$\$\$. In exploring our experience of our career we're focusing less on the specific tasks at hand, and more on who you get to be and how it feels. Through this exploration we'll be better able to create goals that align with your talents and values, and are less about "the next step."



Career

Fill in the blanks:

I know I belong when:

I know I'm on the right path when:

I know I am growing when:

My experience at work feels like:

What do I like about about my job?

What don't I like about about my job?

What skills are being utilized? What skills could be utilized more?

I feel a sense of purpose and belonging at work when:

I feel empowered as a leader when:

[illegible][illegible][illegible]



Action Steps

1

What do you feel would make the biggest impact in the quickest time?

2

What might be a practice to take on to move the needle in another one of the larger, more daunting areas?

3

Need some additional help?

What structures might support you in creating lasting change?

SMART *GOALS*

WHEN SETTING GOALS, CONSIDER MAKING THEM SMART GOALS. THIS WILL HELP YOU TIE YOUR GOALS TO YOUR LARGER INTENTIONS, AND ALSO MAKE THEM TIME-BOUND.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACTIONABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> RELATED TO THE OVERALL PROJECT	
T	<u>TIMELY</u> WHAT IS THE TIMELINE FOR THIS GOAL?	

READY TO MAKE A CHANGE?



Book a discovery call with Erin and get some support in moving toward a more fulfilling experience!

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