Houston, we have a problem

Action Hack worksheet: from stuck to one action today

For when what you tried hasn't worked and it's tempting to put it off. Work through the steps in order, alone or with your coach.

Name: _____ **Date:** _____

1 STOP AND LISTEN	**Pause. Tell the whole story before fixing anything. What happened, and what have you tried?**
2 PICTURE THE WIN	**What outcome do you want to create? What would it mean for you and your career?**
3 NAME THE COST	**What is staying stuck costing you now? How it feels, and what it costs. No blame.**
4 FIND THE YES	**List small options together. Circle the one where you think "yes, I can do that".**
5 ONE THING TODAY, THEN LOG IT	**The 1 thing I'll do before I leave today. What exactly? Then record the win in your Wins Log.** **By when:** _____ **I'll know it's done when:** _____ **Logged:** ☐