

Getting Unstuck and Embracing The Pivots of Life

Journal It Out

1. To reflect on stagnation: What areas of my life do I feel most stuck in right now? Why do I feel this way, and how long have I been feeling this way?

2. To identify barriers: What are the specific mental, emotional, or external barriers that are preventing me from moving forward? How can I begin to address one of these barriers?

3. To reconnect with motivation: When was the last time I felt truly motivated or excited about something? What was different about that time compared to now?

4. To recover from a perceived failure: How can I reframe past failures as lessons rather than setbacks? What did I learn from a time when things didn't go as planned?

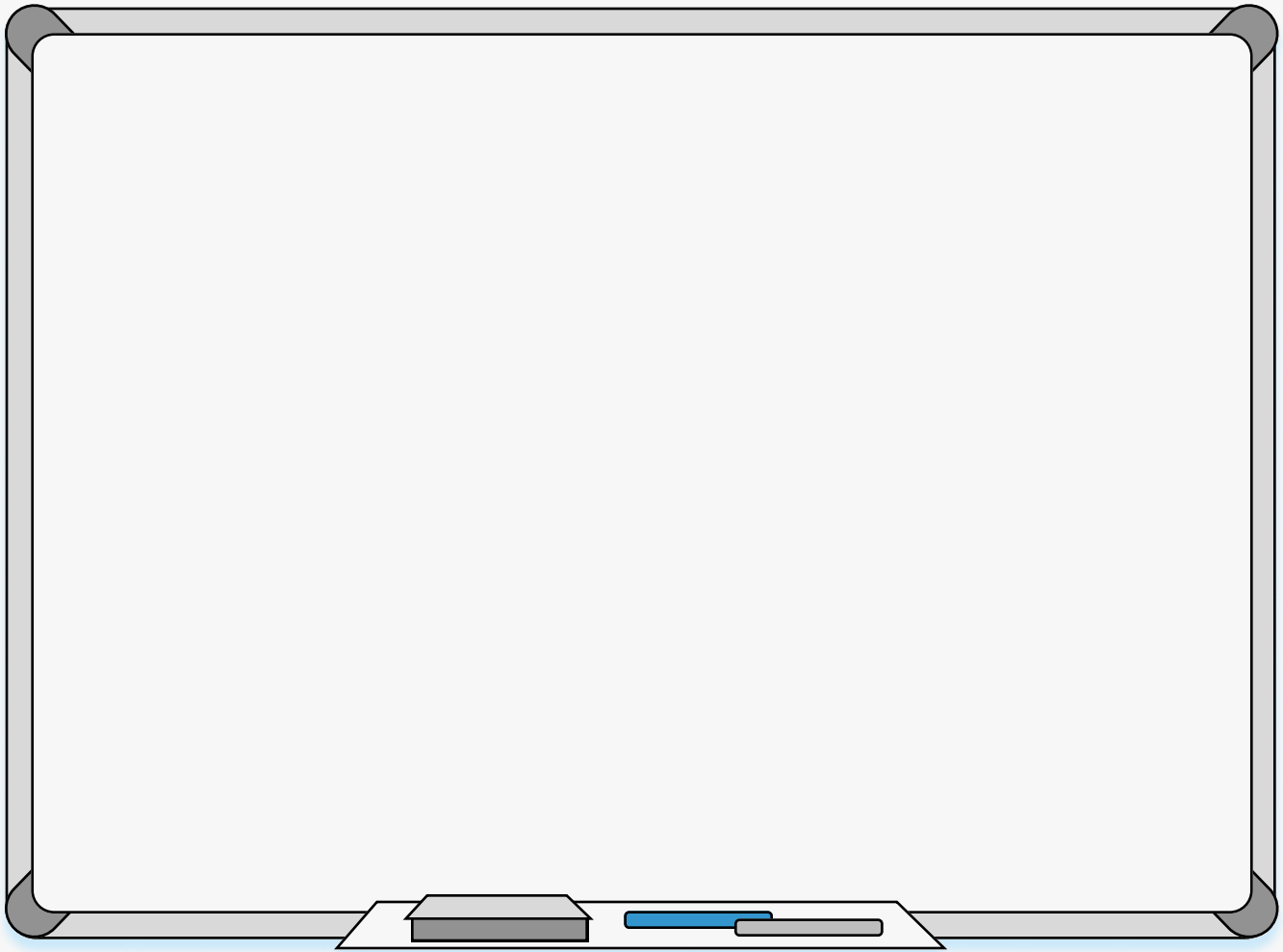
5. To envision a pivot: If I could start fresh in one area of my life, where would I want to make a change? What small steps could I take toward this pivot today?

6. To redefine and reposition yourself for success: How do I define success for myself at this moment in life? Has this definition shifted over time, and how can I align my actions with my current version of success?

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Make Your Own Vision Board

Use the vision board below for the areas where you feel stuck (e.g., career, relationships, personal growth). Write down your desires, bucket list achievements, and possible pivots for each area. Allow yourself to brainstorm without judgment, focusing on possibilities rather than roadblocks. Check your vision board on a quarterly basis and check off your accomplishments and areas where you are still growing. Remember your vision board can evolve over time.



Meet The Expert

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