

The Stuck-Loop Map

Take one recent moment when you intended to act and did something else. Describe what happened without assigning yourself a motive.

Illustrative example: I opened the draft, checked messages, then ran out of time. Next time I will write three rough lines before opening my inbox.

1. What did you intend to do? What happened instead?

2. What was happening just before you changed course? Include time, place, interruptions, or uncertainty.

3. What obstacle could you change? What remains outside your control?

4. What will you try the next time this situation appears?

Give the move a place in your week.

Choose an action, give it a time, and leave room to adjust. You can return to this sheet after the attempt.

Name (optional)

Date

My action: what will I do?

My planned time: when and where?

My smaller fallback: what can I try if the original plan is too much?

My review date: when will I look back?

After the attempt: what happened, and what will I adjust?

Keep this for yourself. You do not need to send your answers anywhere to use this resource.