

Stuck Point Snapshot

A One-Page Clarity Worksheet

PURPOSE

Use this worksheet to name where you feel stuck, separate the problem from your identity, notice what fills and drains you, and choose one faithful next action.

This is mentorship and personal development support from Open Hands Pathways. It is not therapy, diagnosis, treatment, legal, financial, medical, or crisis care. If you are in crisis or need clinical support, contact a qualified professional or emergency service.

1 Name the stuck place

Where does life feel stuck, narrowed, heavy, passive, or smaller than it should be? Write honestly. Do not polish it.

My stuck place is:

2 Separate the problem from your identity

What has been true about your situation that does not have to become your identity?

- I have felt anxious, but I am not only an anxious person.
- I have been burned out, but burnout is not my calling.
- I have felt afraid, but fear does not get to author my future.

What I have experienced:

What I refuse to make my identity:

3 Tell the truth about the cost

What has staying stuck been costing you? Consider faith, family, health, leadership, work, calling, courage, peace, and capacity.

The cost has been:

4 Name the future you are called toward

If you stopped organizing your life around the problem, what future would need your attention? Do not make this perfect. Make it directional.

The future I believe I am called to move toward is:

5 Identify what fills you and what drains you

What gives you life, courage, clarity, peace, or energy? What drains capacity without producing health, obedience, contribution, or purpose?

What fills me:

What drains me:

One drain I need to address this week is:

When the drain comes, one life-giving thing I can do in 60 seconds is:

When I have five minutes, one life-giving thing I can do is:

6

Choose one next faithful action

What is the smallest faithful action available in the next 24–48 hours?

- Make the phone call.
- Clear 30 minutes on the calendar.
- Tell the truth to one trusted person.
- Take a walk and pray without your phone.
- Write the first version of the plan.
- Remove one avoidable drain.

My next faithful action is:

I will do it by:

7

Closing commitment

COMMITMENT

Today, I am not solving everything. I am choosing movement.

I will not keep organizing my life around my problems. I will begin organizing my life around the future I am called to build.

Signed:

Date:

Open Hands Pathways

Mentorship and personal development. One faithful step at a time.