



Feeling Stuck

A Guided Journaling Worksheet to Move from Stagnation to Flow

Step 1: Acknowledge the Stuckness

- Where in my life do I feel most stuck right now?
- What does this stuckness feel like in my body, my emotions, and my thoughts?
- Describe the weight, texture, or imagery that comes to mind when you sit with this feeling.

Step 2: Explore the Message

- What might this feeling be trying to teach me about patience, boundaries, or change?
- Is this stuckness protecting me from something—or asking me to grow beyond something?
- Also gently ask yourself if you feel as though you are avoiding an aspect in your life or feeling specific feelings.

Step 3: Imagine the Other Side

- If I imagine myself beyond this stuck place, what does freedom, movement, or flow look like? How would it make you feel?
- How would my daily life or relationships shift if I felt more spacious and free?
- Step 4: Take a Small Step
- What is one small, compassionate step I can take today to move closer to flow?
- How can I support myself with kindness as I take this step?

Closing Reflection

- Write a short affirmation or mantra to remind yourself that this stuckness is temporary and that movement is always possible.

A gentle note from Ms. B.

There have been times in my life where I felt as though I could not see the beyond a situation or feeling, and in a way, I felt “stuck”. There is a true difference between when we avoid processing certain feelings, or situations, and we have created an energy of “stuckness”. Although keep in mind there are times when because you are processing “preliminary” information so to speak (i.e. having to clear out some of energy before you move onto some other aspect of your life where it was directly impacting) you may not be provided the “secondary” information from Spirit/God (insert your belief here 😊) until you have worked through the “preliminary step”. This is when understanding your role and trusting the process truly comes into play.

Please let me know if you have any questions or if I can assist you in any way.