



Ice Breaker:

What is one crazy and audacious goal that you have in the next 5 years?

The Things That Make Us Feel Stuck

Imposter Syndrome: _____

The Voices: _____

The Comparison Issue: _____

Perfection over Progression: _____

Finish Line Syndrome: _____

Tips for Getting Unstuck

1. _____

2. _____

3. _____

4. _____

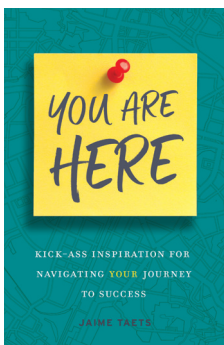
5. _____

6. _____

Breakout:

What is one fear that you recognize is holding you back.

What is one Courageous Commitment you will make today to kill that fear?



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