

QUESTIONS FOR REFLECTION TO HELP YOU GET UNSTUCK

(These are in no particular order and are simply an invitation to consider who you are and what you want or need.)

1. What do you really, truly, want? What are the desires that keep popping up for you – create a list over the next week or so. Don't judge these desires, just listen and observe.
2. What are the things you think you "should" want or you used to want that no longer feel good to you?
3. Where are you comparing yourself to others – do you even want what they have or do you honestly want to be like them? Spend some time pondering this. I'll give you an example: I might feel envy when I see a group of women hanging out and laughing together. I might feel lonely as I observe them. But if I go inward and get honest I acknowledge that I am a strong introvert who hates regular group activities and what I really long for is deep connection with just a couple trustworthy friends who enjoy deep conversation.
4. What are you afraid of? Where is resistance showing up in your life? Are you doing any running or numbing to avoid taking action or to avoid feeling something uncomfortable?
5. Are you in tune with your body and your physical and emotional hunger? What are you hungry for? Do you need to practice checking in with yourself to notice your energy, hunger, discomfort, excitement, etc.? Have you been taught that denial of self is healthy and honorable? What needs have you been neglecting?
6. Are you addicted to anything? How often do you turn to this habit and how is it serving you? For instance, wine was very effective at calming my anxiety. Breaking up with wine forced me to do the hard work to make other life changes and honor my boundaries.
7. Do you love yourself? Changing your life won't help you miraculously love yourself. You can choose to love yourself now, right in the middle of all your longing or imperfection or brokenness. What is one way you can begin loving yourself today?
8. How do you usually feel as you walk through life (name a few adjectives). How do you want to feel (again, get super specific and name this)?
9. What in your current life supports you in feeling the way you want to feel (question 8)? What parts of your life or habits or relationships do not support this desire?
10. What are your natural strengths? What do you like about yourself? Where have others affirmed you or encouraged you? What lights you up?
11. Do you have a super specific dream or longing? What is it? Have you had this dream for a long time? Does it shape shift a little but at the core remain the same (ex. I first decided I wanted to run my own business at age 16. The types of businesses I dreamed about shifted

over the years but that desire never left me. Likewise, since college I wanted to be a writer – later I expressed this as a desire to have a voice. Today I’m walking in this.)

12. Some dreams are not for now but for later. It isn’t always easy to tell the difference. Do you think you’re ready to walk in your dream? (a couple years ago I was approached by a book agent. I was excited about writing a book – but ended up walking away from this person. I felt some sadness but the truth is, I don’t think I was ready.)

13. On the other hand, one way of running and numbing is by always learning more, studying more, making excuses about why we’re not quite ready. This is fear based thinking. You’ll never be “perfectly” ready. Are you letting fear or perfectionism prevent you from trying? (Ex. I may not be writing a book at the moment, but I am showing up and writing every day.)

14. What do you need to change in your environment to support you in building the life you want or walking in the change you desire?

15. Are you practicing gratitude for your current life and season? How you live today will be a determinant for how you live tomorrow. Look for the good in yourself and your life today.

16. What do you need to declutter, simplify, let go of to make space for whatever it is that you desire? We can’t just keep adding in to our life without releasing or we grow stagnant and bloated. If you want to get married, is there space in your calendar for another human being? If you want to go on adventures, does your spending pattern align with this goal; is there space in your budget for this desire?

17. If you hold too tightly to a dream or particular outcome in life you end up living fearful and contracted. How can you loosen grip to make space for joyful possibility? Pause and think about this. What if you decided to enjoy the journey and just let it unfold a bit? You might be delighted at what happens – life might turn out far more beautiful than you could have made happen for yourself.

18. Are you resting enough? Do have time for sleep, play, creativity in your life? Often, when we take a break, new clarity and insight flit our way.

19. What are the stories that circle through your brain? Name them. The anxious thoughts, the lies about your worth, the concerns about what others will think if you step off the beaten path... Are you controlling your thoughts or have they had free reign for far too long?

20. Do you struggle with an all or nothing mindset? Does this support you in living how you want to feel?

21. Are you living in shame or unforgiveness (of you or someone else) from your past? Do you need help to break free of this or could you choose to forgive the person you once were?

22. Are you walking in freedom? Where are you still shackled?

23. What makes you belly laugh – or what makes you happy?
24. Do you recall a time in your life where you were at ease and living the life you desire? What elements of that life do you want to regain – why?
25. Each season of life looks and feels differently, and it should. Are you living open to change, growth, becoming? Be honest!
26. Do you really want change (aka to get unstuck) or are you just watching what others are doing and think this is the right thing to do? Maybe you could decide to be happy exactly where you are. What do you think about this?
27. Are you ready for change? There is no shame if the answer is no – if you've ever tried to change your habits or kick an addiction, you know that you need to be truly ready because change is hard work.
28. Sit quietly for a few minutes. Just breathe or go for a meandering walk. Don't judge yourself or attempt to plan your life. Now, ask yourself this question 3 times: What do I want. On the first ask, speak whatever pops into your brain first (head); on the second ask, move down into your heart so to speak and speak what comes up (heart); and now, on the third ask, move down into your gut or instinctual centre and speak what comes up (gut). This may feel strange to you and you may want to practice it but the idea is to check in with the different thinking centres of our body instead of living in only the head or only the heart, for example.
29. Is there a song, verse, quote, or mantra that is speaking to you in this season of life? What is it and why is it calling your name? Write it down and check in with it daily.
30. Are you familiar with your [Myer's Briggs type](#) or your Tendency ([The Four Tendencies](#))? Have you done any reading on this to understand how understanding your wiring can help you build a sustainable life that feels energizing and exciting?

I could go on for days - but use these questions to jumpstart some honest reflection about where you're at and what you want.

Krista xo

Life doesn't have to be perfect to be beautiful