



# 7 QUESTIONS TO UNSTICK “THE STUCK”

*Take your time to follow where the ?s lead.*

1: What truth is most important?

2: What is concerning you?

3: What do you deeply desire?

4: What do you need to release?

5: What are you avoiding that you need to face?

6: Where are you growing in understanding and empathy?

7: What are your deepest hopes and joys?

Wrap up: Process below any “soul shifts” or incongruent values...