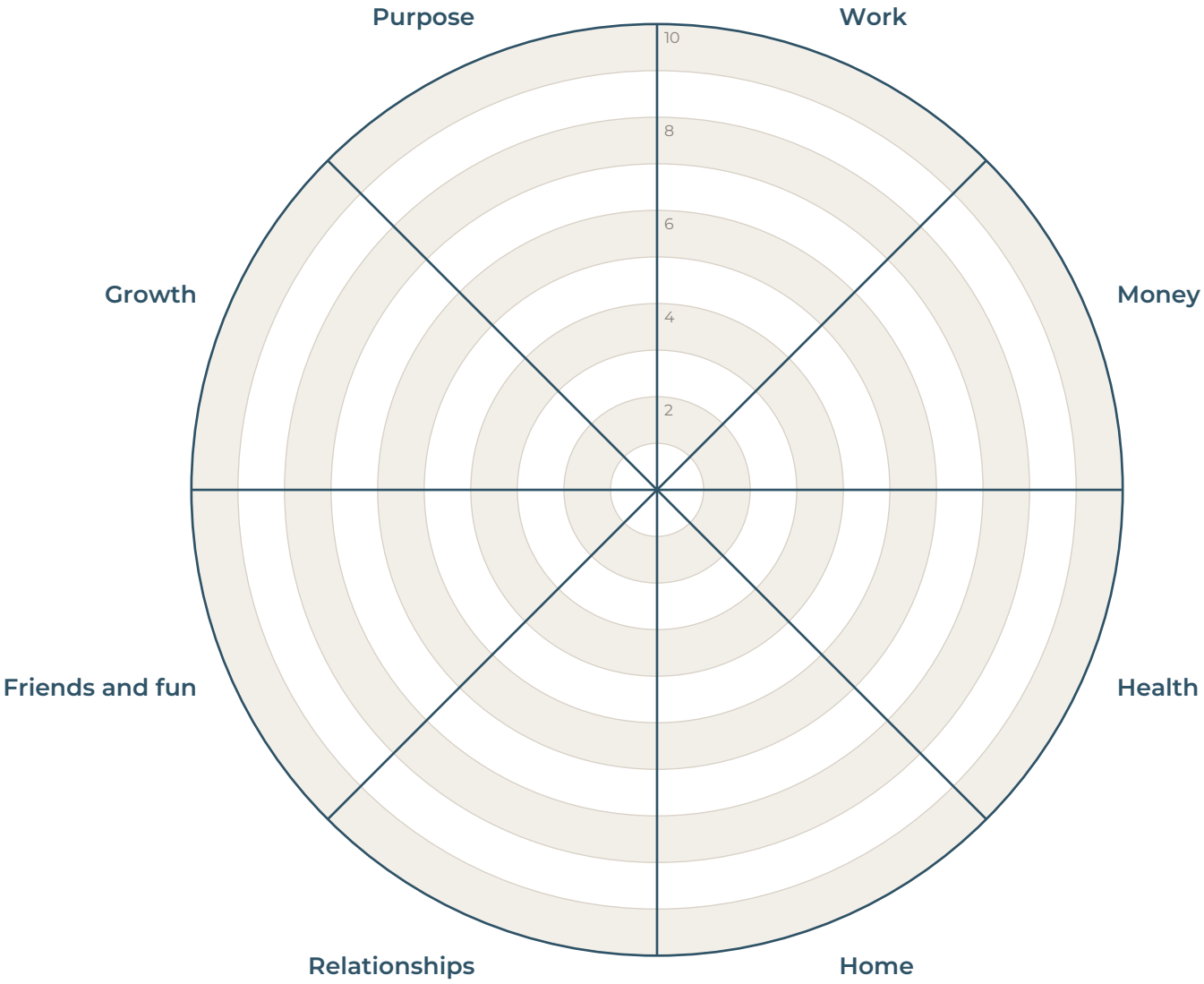
UNSTUCK STARTER KIT

Your Wheel of Life

Score each area from 1 (not at all) to 10 (couldn't be better). Shade each slice up to your score. Don't overthink it: your first answer is the useful one.



Which area scored lowest?

Which areas does your decision touch?

Bring this to the workshop, with the decision you're stuck on.

UNSTUCK STARTER KIT

Five questions for any decision

First, write your decision in one sentence:

1 If I knew I couldn't get it wrong, what would I choose?

2 Which option honours what matters most to me, and which costs it?

3 What will my life look like in a year if nothing changes?

4 Whose voice is telling me no, and is it mine?

5 What is the smallest step I could take this week?

In the workshop we take this further: your five values, an option test, and what's really in the way.