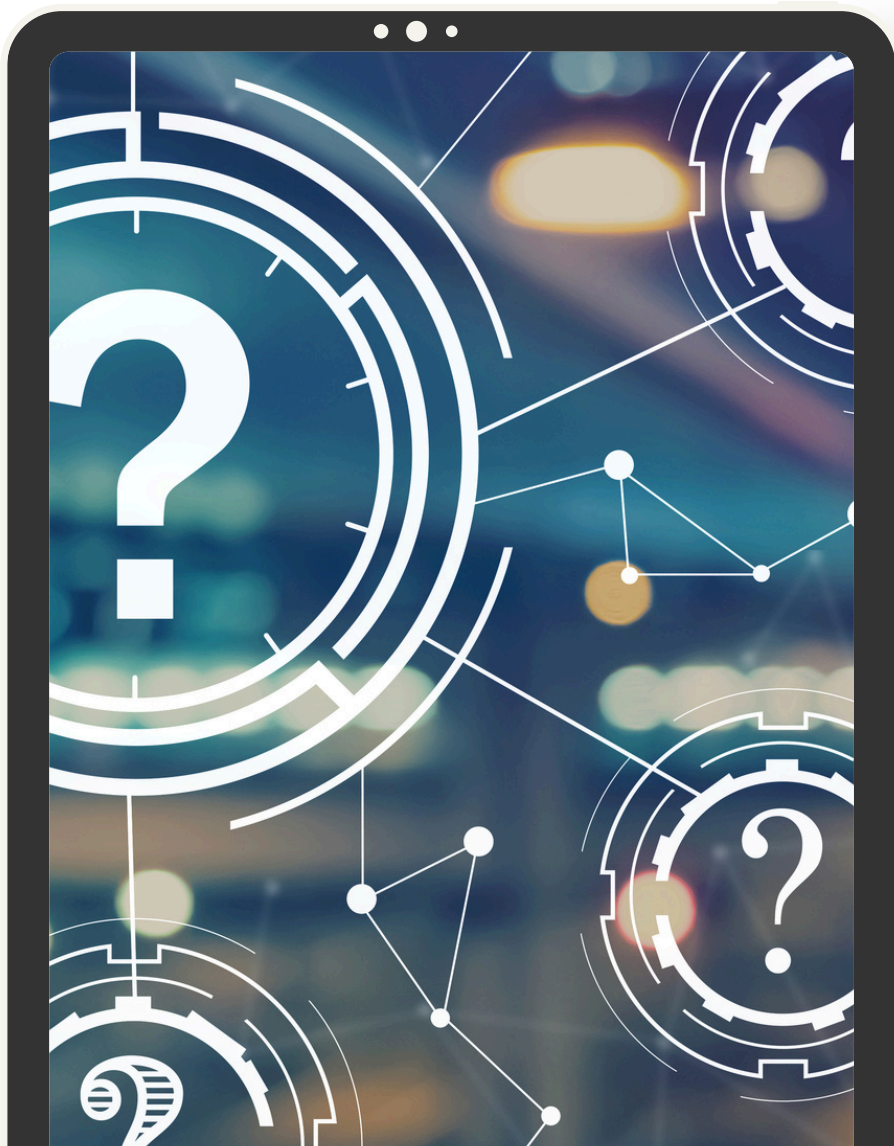




TOP 10 QUESTIONS TO GET YOU **UNSTUCK**

Your first coaching moment – on paper.



Feeling stuck doesn't mean you're broken – it means you're on the edge of growth. These 10 questions will help you uncover clarity, courage, and your next steps.

UNSTICK YOURSELF WITH THESE QUESTIONS:

1. What does “stuck” feel like to me right now?
2. Where in my life am I avoiding making a decision?
3. If fear wasn't holding me back, what would I do next?
4. What's one small step I can take today toward change?
5. Who could support me on this journey?
6. What am I believing about myself that may not be true?
7. What past success can I draw strength from now?
8. What's the cost of staying stuck one more year?
9. What's the reward of moving forward now?
10. What do I want my future self to thank me for?

ACTION STEP:

Choose one answer that feels most urgent. Write a 3-step mini plan for moving forward.

CLOSING PRAYER

Lord, thank You for showing me the path forward. Give me courage to take the next step. Amen



About THE AUTHOR

Talisha J. Reyes is the author of **Let's be Intentional: 4 Steps to getting and staying UNSTUCK and finding the Clarity, Confidence and Courage to live your life on purpose.** She is the founder of TREY Solutions & Transformation Services Ltd and is a woman on a mission to share the joys of living a full, balanced and intentional life. Talisha is fueled by her passion for continuous learning and self-development. It's a rewarding habit that has allowed her to hone her education and skills for the last 20 years.



As a personal development coach, mentor and workshop facilitator, she works with women who lack clarity with their goals, battle with their limiting beliefs and who do not take action because of habits of procrastination and lack of consistency. She helps them move from feeling frustrated and stuck to having the clarity, confidence and courage to live a fulfilling life.

Talisha focuses on building their self-awareness, understanding their “whys”, clarifying their goals and assisting them in the building of better habits.

Clients also have the added benefit of having a tuned in and highly dedicated accountability partner.

READY TO GET AND STAY
UNSTUCK?

SCHEDULE A CALL



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