

MUSEVATOR

GETTING UNSTUCK

A simple guide to breaking the stuck loop and taking your next small step.

You do not have to change your whole life today.

You only need one useful next step.

FIVE QUICK WINS • SEVEN-DAY CHALLENGE • ONE-PAGE RESET

A free guide from Walter Jones

What does “stuck” mean?

Feeling stuck can mean you want change but feel unsure, overwhelmed, or blocked. Procrastination is one possible piece of that experience, but it is not the whole story.

PROCRASTINATING

“I know what I want to do, but I keep putting it off.”

FEELING STUCK

“I want to move forward, but I cannot see a workable next step.”

Find the kind of stuck you are facing

DELAY

I know the task, but I am avoiding it.

Make the first action small enough to do in five minutes.

UNCLEAR

I do not know what to do first.

Pick one question to answer or ask someone for help.

BLOCKED

Something outside me is in the way.

Find support, resources, or another route.

The stuck loop

A stuck loop can grow when a task feels big or unclear, you avoid it, and the lack of progress makes the next attempt feel even harder.

1**I want something to change****2****The next step feels too big or unclear****3****I avoid it or wait for motivation****4****I see little progress****5****I feel more discouraged**

You do not need to fix the whole loop. Break it at one point with one small action.

Five quick wins

01 START FOR FIVE MINUTES

Choose one task, set a five-minute timer, and begin. Stopping after five minutes is allowed. Starting counts.

02 MAKE IT TINY

Turn “clean the house” into “put five things away,” or “write my book” into “write one paragraph.”

03 MAKE AN IF-THEN PLAN

Finish: “If _____ happens, then I will _____.” Example: “If I reach for my phone, I will work two more minutes first.”

04 REMOVE ONE ROADBLOCK

Ask what is making the next action hard. Reduce, fix, or work around that one obstacle.

05 RECORD THE WIN

Write down exactly what you did. A small action is still evidence that you are moving.

Your seven-day challenge

1Choose one thing you want to move forward.

2Write the smallest useful next step.

3Do that step for five minutes.

4Make an if-then plan for your biggest distraction.

5Remove one roadblock.

6Repeat your smallest step.

7Write down what changed because you started.

Do not wait to feel ready. Take one small action, then notice what happened.

Your one-page reset

What do I want to move forward?

What is the smallest useful step?

What is getting in the way?

If that happens, then I will...

When will I do my five-minute start?

What did I do today?

Your next step

You do not need to solve everything today. Find the smallest useful step, take it, and record it. Then take the next one.

READ THE BOOK

Stepping Stones To The Greatness Within You invites you to explore purpose, possibility, and the greatness you can build from where you are.

LEARN THE METHOD

The START Method helps turn a direction into practical action and consistent forward movement.

WORK WITH WALTER

Visit musevator.com to explore the book, the course, and coaching. Choose the next step that fits your season.