

Stuck Loop Worksheet

Executive Leadership Lab | Module 1 | January

Purpose: Identify the pattern that keeps you stuck, then design a new choice to break the cycle.
Most plateaus follow a predictable loop until we consciously interrupt it.

1

Map Your Stuck Loop

Trigger: *What situation or event starts the pattern?*

Thought: *What do you tell yourself when this happens?*

Emotion: *What feeling arises from that thought?*

Behavior: *What do you do (or avoid) as a result?*

Outcome: *What happens? How does this reinforce the pattern?*

■ This loop repeats until interrupted ■

2

Design Your New Choice

Where in the loop can you make a different choice?

What new thought or behavior will you try instead?

3

Name Your Support

What reminder, tool, or accountability will help you make this different choice?

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