

# 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.

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## 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 ■

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## Design Your New Choice

Where in the loop can you make a different choice?

What new thought or behavior will you try instead?

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## Name Your Support

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

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