

## Feeling Stuck...

It happens to us all, these moments when we feel really stuck with a negative loop in our head. Write about a time when you felt stuck, but later realised there was a solution to your problem – see example below.

Example of feeling stuck and later finding a solution:

It happens to me all the time e.g. I decided to write a daily blog but just for a month. Then I thought I'd like to continue but I can't think of anything and I don't have much time. What will I write about now? I don't want to let down people who have told me how much they love the blog and what do I have to say anyway? Is it really worth the time I spend?

Then suddenly I thought of some videos I had made previously during the lockdown that I could share for the next month and I was able to relax again.

And now the month is up and I feel stuck again, but I have more confidence this time, that an idea will come to me if I'm meant to do this. And it has... what about you?