FEELING STUCK?

FIND A DIRECTION TO EXPLORE

A SMALL STEP FOR CLARITY & FOCUS

FREE WORKBOOK ● SHORT VERSION

Roland Thunstedt

An Equipido Free Workbook

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FREE WORKBOOK ● SHORT VERSION

FROM STUCK TO ONE DIRECTION

A small step for clarity & focus

A short exercise to name what feels wrong, discover what you would rather have and test one direction through curiosity.

Purpose: to turn what feels stuck into one direction and a small seven-day experiment.



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1. Name the friction

Complete the lines without explaining, defending or fixing them. Raw answers are more useful than polished ones.

I do not want to keep...

I am tired of...

Something I no longer want to accept is...

Which one of those feels most important right now — and why?

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2. Turn friction into direction

For each line, write what you would rather have instead. Keep it simple. You are not writing final goals.

I do not want...	I would rather...	This may be pointing toward...

Of the three directions above, which one creates the most curiosity, relief or energy?

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3. Look for clues

Do not ask what you should be passionate about. Look for evidence from your own attention, choices and past experience.

What have I chosen to read, watch, learn or talk about without being told?

What used to give me energy that I make too little room for now?

Whose work, life or choices trigger admiration, envy or curiosity — and what exactly pulls at me?

What topic, problem, place, skill or idea keeps returning?

Three words or themes that appeared more than once:

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4. Run one 7-day curiosity test

The theme or direction I will test:

The smallest useful way to explore it:

I will do it on / by:

During the test, notice whether it creates:

- ☐ more energy than expected
- ☐ more curiosity after doing it
- ☐ a desire to continue or go deeper
- ☐ useful new information — even if the answer is „not this"

Signal: + = More energy or curiosity | 0 = No change | − = Less energy or curiosity

Day	What I did / noticed	Signal: + / 0 / -
1		
2		
3		
4		
5		
6		
7		

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5. What became clearer?

Use what happened as information. You are looking for a better next step, not a perfect answer.

What gave me more energy or curiosity than I expected?

What felt flat, forced or less interesting than I expected?

What do I now want to understand, try or experience next?

What direction feels worth exploring further — even if I am not ready to call it a goal?

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Optional next step

If this tool was enough, stop here and use what you learned. If you want more structure, continue with the full workbook.

> Awaken What’s Gone Quiet continues with a 30-day process that adds better-input choices, repeated behaviours, daily observation, weekly check-ins, accountability options and signal review.

This free tool gives you a useful first result. The full workbook is for the deeper process: more pages, more review, stronger follow-through and a clearer path forward.

Continue only if the extra structure would help you go further.

Suggested full workbook: Awaken What’s Gone Quiet
Use it when you want a guided process for getting drive, curiosity and direction back over time.
Want the full workbook? Continue with Awaken What’s Gone Quiet.

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