STUCK Framework

If you're feeling stuck, overwhelmed, or unsure about how to move forward, the STUCK framework can help you identify and overcome the obstacles holding you back.

STUCK stands for State, Thought patterns, Urgency, Clarity, and Know-how.

By examining each of these areas one by one, you can develop a clear path to success.

S

State
What current physical or emotional states might be impacting my decision-making? What can I do to improve my state?

T

Thought patterns
What beliefs and thought patterns are shaping my view of this situation? Can I reframe it positively?

U

Urgency
How does this task's urgency—real or imagined—influence my action or inaction?

C

Clarity
What specific information do I need to understand this task better? Where can I find it?

K

Know-how
Do I have the know-how and the skills for this task? And if not, what's the first step to gaining it?

Read the full article at: **https://sudarkoff.com/blog/stuck-framework**