

# Am I Stuck? Quiz!

*This is not a diagnostic tool just an indicator!*

## QUESTION 1

I DON'T KNOW WHERE I WANT TO BE TOMORROW, LET ALONE IN 5 YEARS..

- A. True
- B. Somewhat True
- C. Untrue



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## QUESTION 2

CHANGE IS?

- A. Terrifying
- B. I feel afraid but I do get on with it
- C. Love it!



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## QUESTION 3

DO YOU HAVE ANY GOALS?

- A. I can't seem to imagine a different future
- B. I have a vague idea...but it is not clear
- C. I know where to go & have a route planned



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## QUESTION 4

WHAT IS HOLDING YOU BACK?

- A. I hate change..any change
- B. No idea about what to change or how I want things to be
- C. Nothing! I will get there



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## QUESTION 5

DOES THINKING ABOUT THE  
FUTURE MAKE YOU ANXIOUS?

- A. YES!
- B. Sometimes
- C. Never



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## ANSWERS

Mainly A :

■ You are possibly feeling stuck! Change is frightening & you can't see a better option right now. It is hard to plan when you are unclear where you want to go!

Speaking to a Coach or Therapist may well be useful to work out why change is so negative for you. You can move on!



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## ANSWERS

Mainly B :

You do cope with change when you have to. But you may also avoid it. Staying put as the easier option at times.

You may like to explore this with a Coach or Therapist to help you embrace change & make things happen.

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## ANSWERS

Mainly C :

■ You have a plan, you like goals & change is an opportunity.

You may know someone who hates change...they may like this quiz!

**This is not a diagnostic tool just a quiz ...  
if you are concerned, always seek the help of  
professionals.**

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