

The Jeff Turner Presents

Get Unstuck and Build Lasting Momentum in Just 7 Days

A 7-day workbook to help you move past stuckness and build momentum that lasts.

How to Use This Workbook

This workbook is designed as a companion to Jeff's blog and video series. Each day includes a short reflection, prompts, and lined space to write. Take it anywhere — outdoors, to a café, or wherever you feel most grounded. By the end of 7 days, you'll have a record of how you moved forward and rediscovered momentum.

Day 1: Notice Where You're At

The first step is admitting you're stuck. Reflect honestly on whether you're comparing yourself only to the finish line, forgetting your progress so far, or waiting for a perfect plan.

Reflection Prompts

Am I only comparing myself to the finish line?

Have I forgotten how far I've already come?

Am I waiting for 'the perfect plan' before I act?

Day 2: Break Down the Mountain

Looking only at the summit makes the climb feel impossible. Break your big goal into milestones. Celebrate each one as a win.

Reflection Prompts

What's my big goal?

What's the first small milestone?

How will I celebrate reaching it?

Day 3: Anchor in Community

Progress grows when it's witnessed. Share your wins with a friend, join a group, or simply surround yourself with people taking action.

Reflection Prompts

Who can I share today's progress with?

Who can hold me accountable this week?

Day 4: Use Your Unique Spark

Momentum grows when your actions align with your natural strengths. Think about what you bring that's unique, and how you can use it without burning out.

Reflection Prompts

What strengths or skills do I bring?

What feels natural even when it's hard?

How can I apply that today?

Day 5: Harness Your Emotions

Stuckness often comes with frustration or anger. Don't push it away — channel it. Write down what frustrates you most and reframe it into motivation.

Reflection Prompts

What frustrates me about being stuck?

How can I turn that frustration into action?

Day 6: Take the Smallest Possible Step

When in doubt, act. Even the tiniest step breaks inertia. Small steps stack into momentum.

Reflection Prompts

What's one sentence I can write?

What's one block I can walk?

What's one person I can message?

Day 7: Reflect and Reset

Reflection transforms scattered actions into a story of progress. Look back at what shifted this week, and set yourself up for the next chapter.

Reflection Prompts

What shifted for me this week?

What small wins surprised me?

Where do I feel different now?

Final Thought

The middle will always feel muddy, but it's still part of the path. Momentum comes from small steps, not giant leaps. If you found this helpful, visit thejeffturner.ca for more free tools, blogs, and videos to help you reconnect, reflect, and keep moving forward.