GET UNSTUCK PROMPT PACK

Give AI 10 minutes. Get your next move.

Dump. Name. Shrink. Move. Review. Works with ChatGPT, Claude, Grok, whatever you already use. Swap your own details into the [brackets].

1 Dump the mess

COPY AND PASTE

I feel stuck on [thing]. Here is my brain dump, messy and out of order. Do not fix anything yet. Sort it into: what I know, what I am worried about, and what I am avoiding.

WORK
I feel stuck on the report I keep opening and closing. Here is my brain dump. Sort it into what I know, what I am worried about, and what I am avoiding.

BUSINESS
I feel stuck on the offer I have been thinking about for months. Here is my brain dump. Sort it into what I know, what I am worried about, and what I am avoiding.

HOME
I feel stuck on the garage, the budget or the meal plan. Here is my brain dump. Sort it into what I know, what I am worried about, and what I am avoiding.

2 Name the real blocker

COPY AND PASTE

Look at my dump. What is the one thing actually keeping me stuck? Missing info, a decision I keep dodging, fear of looking bad, or no time? Pick one and tell me why.

WORK
Look at my dump about this report. Is it missing info, a decision I keep dodging, fear of my boss seeing a rough draft, or no time? Pick one and tell me why.

BUSINESS
Look at my dump about this offer. Is it missing info, a price or audience decision I keep dodging, fear of nobody buying, or no time? Pick one and tell me why.

HOME
Look at my dump about this home project. Is it missing info, a decision I keep dodging, not wanting to start a mess, or no time? Pick one and tell me why.

3 Shrink it to 10 minutes

COPY AND PASTE

Give me 3 next steps I could finish in 10 minutes or less with what I have right now. Make them almost silly small. Then tell me which one to do first.

WORK
Give me 3 steps on this report I could finish in 10 minutes with the files I already have open. Make them almost silly small. Tell me which one to do first.

BUSINESS
Give me 3 steps on this offer I could finish in 10 minutes with my phone and notes. Make them almost silly small. Tell me which one to do first.

HOME
Give me 3 steps on this home project I could finish in 10 minutes with what is already in the house. Make them almost silly small. Tell me which one to do first.

4 Move with a timer

COPY AND PASTE

I am starting [step] now with a 10 minute timer. What is the very first thing I should open or type? If I get stuck, I will come back and tell you where.

WORK
I am starting the report outline now with a 10 minute timer. What is the very first thing I should open or type? If I get stuck, I will come back and tell you where.

BUSINESS
I am writing the first line of my offer now with a 10 minute timer. What is the very first thing I should open or type? If I get stuck, I will come back and tell you where.

HOME
I am starting one shelf or one list now with a 10 minute timer. What is the very first thing I should pick up or write? If I get stuck, I will come back and tell you where.

5 Review and repeat

COPY AND PASTE

Here is what I did and what happened: [results]. What did this teach me? What is my next 10 minute step? Keep a running list of my wins in this chat.

WORK
Here is what I got done on the report: [results]. What did this teach me? What is my next 10 minute step? Keep a running list of my work wins in this chat.

BUSINESS
Here is what I did on the offer: [results]. What did this teach me? What is my next 10 minute step? Keep a running list of my business wins in this chat.

HOME
Here is what I finished at home: [results]. What did this teach me? What is my next 10 minute step? Keep a running list of my home wins in this chat.

10 The 10 minute step tracker

☐ **Dump**	Sort what you know, fear, avoid	**2 min**
☐ **Name**	Find the one real blocker	**1 min**
☐ **Shrink**	3 steps under 10 minutes	**1 min**
☐ **Move**	Timer on, first click only	**5 min**
☐ **Review**	Log the win, pick the next one	**1 min**

Stop when the timer rings, even if you are rolling. One loop a day. That is momentum.

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