

The 5 Stuck Spots That Stall Progress *(and How to Break Through Fast!)*

For entrepreneurs, solopreneurs, and coaches who are spinning their wheels on a half-finished project, a fuzzy idea, or a launch that won't take off!

Carol Donaldson | Aligned Success Coaching





Why You're Not Moving Forward

If you've been staring at the same half-built offer or telling yourself "I just need a weekend to finish this"—but that weekend never comes—this is for you.

Progress stalls for many different *reasons*. Not because you're lazy, disorganized, or "not cut out for this." Most people are stuck in one (or more) of these common traps. Here's how to spot them—and start moving again.

The 5 Stuck Spots (and How to Break Through)

1. Too Many Ideas, Not Enough Focus

Breakthrough: Pick one "good enough" idea and commit to seeing it through for the next 30 days. Done beats perfect.

2. You Don't Know Where to Start

Breakthrough: Start with the one action that will make everything else easier—or at least clearer.. It doesn't need to be big—just doable.

3. Fear of Getting It Wrong (or Being Seen Getting It Wrong)

Breakthrough: Don't aim for "launched." Aim for "drafted," "outlined," or "tested with one person." Progress in private still counts.

4. You've Got a Messy System (or No System)

Breakthrough: You don't need Trello, Notion, or 14 tools. You need a simple plan that you *actually follow*. Keep it light. Make it visible.

5. You're Going It Alone

Breakthrough: The real magic? A thinking partner. Someone who helps you process the messy middle and hold you to what matters.



Ready to Put This into Action?

You don't need another course or more information.

You need someone to think it through with you—then help you take action.

That's exactly what we do in the **Momentum Sessions**.

Momentum Sessions: 3 Calls. 30 Days. One Clear Goal.

Together, we'll pick one project, idea, or workflow that's been stuck—then get clear, make a plan, and move it forward (fast).

No fluff. No overthinking. Just progress.

👉 Ready to break through one of these stuck spots? [Book a free Connection Session](#) and let's get momentum on your side.

<https://calendly.com/coachcarolmaria/exploratory-session>