

The Stuck Audit

The
Stuck
Audit



Introduction

You know something needs to change. You just don't know what to do about it.

Maybe it's your relationship. Your job. The way you spend your days. The way you feel about yourself. Or maybe you can't even put your finger on exactly what it is.

You just keep having that little thought...***Is this it?***

Nothing might be dramatically wrong. You might have plenty to be grateful for. From the outside, your life might even look pretty bloody good - perfect on paper.

But deep down, you know you're not living the way you want to live. Something feels off.

And maybe you've known that for months. Maybe years.

This audit isn't going to tell you to quit your job, leave your relationship, move to Bali or throw a grenade into your entire life by Tuesday, BUT it is going to help you stop, listen to yourself and work out:

What's actually keeping me stuck?

And more importantly:

What's one thing I can do about it?

Grab a pen. Give yourself 15-20 minutes. And don't write the answer you think you *should* write. Write the true one. Whatever comes to mind, write it and leave it messy!

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Introduction

I know how easy it is to live as though you've got endless time to figure all this out.

Living with incurable cancer has given me a very different relationship with time. I know just how short and precious life can be, and it's why I care so deeply about helping women stop putting their own lives on hold.

You don't need to have all the answers right now, but you *do* need to start listening to yourself.

So, let's work out what's actually keeping you stuck.

Katie
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Notice

What are you actually tolerating?

We get very good at getting used to things.

The job we complain about every Sunday night.

The relationship where we don't feel like ourselves anymore.

Always putting everyone else first.

Saying we're "fine" when we're anything but.

Sometimes you've lived with something for so long that you've stopped noticing you're *choosing* it. (Yes I know that might hurt but it is true!)

So let's **notice**.

Ask yourself:

Where in my life do I currently feel most stuck, dissatisfied or like something is missing?

What have I been tolerating that I don't actually want anymore?

What do I keep complaining about, thinking about or wishing was different... without actually changing it?

Finish this sentence without overthinking it:

If I was completely honest with myself, I know I want...

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Notice

Now ask:

How long have I known this?

Don't judge the answer. Just notice it. We can't change what we aren't aware of. Right now, we're simply becoming aware.

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Uncover

If you know something needs to change, why haven't you changed it?

This is where things get interesting. Because usually, we're not stuck because we're stupid or lazy or need more information.

We're stuck because somewhere underneath the behaviour is a belief, fear or story that makes staying where we are feel safer than changing.

So let's find yours!

Imagine you actually made the change you're thinking about.

**What immediately scares you?
I'm scared that...**

What do you believe might happen if you actually went after what you wanted?

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Uncover

What do you believe you would need to be, have or know before you could make the change?

For example:

I need to be more confident.

I need to know exactly what will happen.

I need everyone else to understand.

I need to know I won't fail.

I need to feel ready.

Mine is:

Now we're getting somewhere.

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Question

Just because you've believed something for a long time doesn't make it true.

Take the biggest belief you uncovered above.

Write it here -

The belief keeping me stuck is:

Now we're going to interrogate the thing.

Ask yourself:

Is this actually true? - Like, would my argument stand up in the court of law kinda true?

What evidence do I have that it's true?

What evidence do I have that it might NOT be true?

Question

Where did I learn this? Was it actually your belief to begin with?
Or did it come from a partner, parent, teacher, boss, past experience,
society or somebody else's expectations of you?

And here's the big one: What is continuing to believe this costing me?

Not just financially.

What is it costing you in happiness?

Freedom?

Energy?

Experiences?

Relationships?

Time?

If nothing changes and I am still living like this three years from now, how do I feel?

Don't rush past that question.

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Rewrite

What if you trusted yourself?

This isn't about replacing:

"Everything will go wrong." with "Everything will be PERFECT and nothing bad will ever happen!"

Because...come on 😂

You don't need to know everything will work out exactly as planned.

You need to start trusting that you can handle yourself when life doesn't go to plan.

So take the old belief - I currently believe:

And ask:

What would the version of me who trusted herself believe about this situation?

If I wasn't trying to guarantee the outcome, what would I choose?

What do I want to believe about myself going forward?

I want to believe:

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Live

Now we **do** something. This is the bit that matters. Because you can understand every belief you've ever had, write beautiful things in a journal and repeat positive affirmations in the mirror until the family start worrying about you... But eventually, you have to choose to live differently.

Confidence doesn't have to come before the action. In fact most of the time the action creates confidence! You can take a small action while you're scared. Then another.

And every time you do something that shows yourself:
I listened to myself.
I did what I said I would do.
I handled something uncomfortable.
...you start collecting evidence that you can trust yourself.

That's how self-trust grows.

So don't ask: "How do I completely change my life?" That's massive.

Ask: What's one appropriate action I can take in the next 48 hours?

It doesn't need to be dramatic. It could be:
Having a conversation you've been avoiding.
Researching another career.
Updating your CV.
Setting a boundary.
Saying no to something.
Booking an appointment.
Telling somebody you trust what's really going on.
Trying something you've been putting off.
Asking for help.
Taking one hour for something YOU want.

The point isn't how impressive the action looks. The point is that you stop ignoring what you know.

Live

My 48-hour action is:

I will do it by:

What might stop me?

If that happens, what will I do instead?

YOUR STUCK AUDIT

Look back at everything you've written. Then complete these five sentences:

I NOTICE that I've been...

Underneath that, I've UNCOVERED...

The belief I need to QUESTION is...

I want to REWRITE that as...

And now I'm going to LIVE it by...

The Stuck Audit

Your Stuck Audit

YOUR STUCK AUDIT

Look back at everything you've written. Then complete these five sentences:

I NOTICE that I've been...

Underneath that, I've UNCOVERED...

The belief I need to QUESTION is...

I want to REWRITE that as...

And now I'm going to LIVE it by...

The Stuck Audit

What's next?

FROM EXISTING TO LIVING

If this audit made you realise "I know exactly where I'm stuck. I just don't know how to get myself out of it."

That's the work I do inside Existing to Living.

It's my six-week 1:1 coaching experience for women who know something in their life needs to change but don't trust themselves to make that change happen.

Together, we work through The Rewrite Framework TM

NOTICE → UNCOVER → QUESTION → REWRITE → LIVE

*We'll uncover what's keeping you stuck, challenge the beliefs that are running your decisions, get clear on what you actually want and, most importantly, turn that insight into action. Because I don't want you to spend the next five years thinking, "**Is this it?**"*

Life is short. It's precious. And you only get one bloody shot at it.

It's time to stop existing and start living.

[LEARN MORE ABOUT EXISTING TO LIVING]

An important note

This audit and my coaching are designed for personal development and are not substitutes for therapy, medical care, mental-health treatment, crisis support or specialist domestic-abuse services.

Making a change does not always mean making a dramatic or immediate decision. Particularly where your safety or wellbeing may be at risk, your next action may be seeking appropriate professional or specialist support and making a safe, informed plan.

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About Katie

I'm Katie, a certified life coach, mum, and a woman living with incurable breast cancer.

For years, I knew working in finance wasn't the life I wanted, but I stayed because retraining felt out of reach. Cancer changed my relationship with time completely. It's also taught me to stop letting other people's opinions, expectations and judgments decide how I live my life.

I've coached women since 2020, and now my work is about helping women listen to what they really want, trust themselves enough to act on it, and stop putting their lives on hold.

Because I know firsthand that we don't get unlimited time.

I want more women taking up space, going after what they want and actually living the one life they've got.

You can find me on Instagram/tiktok @iamkatiestevenson

Katie
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