



GET YOUR PROJECT UNSTUCK

Project _____

So you have a project that's not moving, or only moving very slowly. You're feeling frustrated, overwhelmed, blocked. You want to finish it, but you're just not sure what to do. Yep, your project is stuck. Here's how you can get it unstuck.

Step 1: Identify the Stuck. Isolate the stuck project in your mind, among all the other things that might be swirling. Which ONE statement BEST describes the situation you're facing?

A. I've gotten behind on one project, and it's making everything else behind.

B. I have multiple projects going on at the same time, and I just don't have enough focus blocks to get them all done.

C. My project has been stuck for a long time, and it's really difficult to figure out how to get it unstuck (or even if I should).

D. I'm close to the end of my project, and things keep coming up (distractions, feelings, head trash, etc.) that are slowing me down, sabotaging me, or preventing me from finishing.

Step 2: Get Unstuck. Match the letter of your answer in Step 1 to the type of stuck below, and use that checklist to guide you in getting your project unstuck from its cascade, logjam, or tarpit, or to move you through your project's creative red zone.

A. Cascade

1. Put all optional projects on hold
2. Say no to new projects (when you can)
3. Sort the remaining projects by importance
4. Work on projects sequentially
5. Use the Five Projects Rule

B. Logjam

1. Review the conflicting projects
2. Identify which chunks will get a project moving
3. Triage your projects and renegotiate deadlines
4. Anticipate and address logjams before they happen

C. Tarpit

1. Make sure the project isn't dead
2. If it's alive, reconnect with the pain of not doing it
3. Chunk the project into smaller pieces
4. Pick a chunk you can do within the next 3 days
5. Work on a project chunk at least twice a week
6. Keep your project visible

D. Red Zone*

1. Return to the why of the project
2. Focus on getting it to good enough
3. Mantra: The more it matters, the more it's only a start
4. Work on your own mindset
5. Do your work, then step away

**While a red zone is not technically a stuck, your project can stall because of the inherent resistance (and its associated challenges) that crop up as you get closer to the finish.*

Step 3: Anticipate Stucks and Plan for Them in Your Next Project. What strategies from *Start Finishing* can you employ to help you avoid stucks on your next project?

The 5 Keys (Chapter 2)
SMART Goals (Chapter 4)
Success Packs (Chapter 4)
Weekly Block Blueprint (Chapter 5)
The Five Project Rule (Chapter 5)

Your GATES (Chapter 6)
Project Budget (Chapter 6)
5/10/15 Split (Chapter 8)
CAT Work (Chapter 10)
AAR (Chapter 10)