

Borrowing from Martha Beck's wisdom, her *Fill in The Behavior Quiz* originally featured in *Oprah Daily/Fall Oprah Quarterly*, is a magnificent transitional tool for unsticking yourself into 2023. According to Martha Beck, this tool is a potent method for inviting new ways of seeing into your life. **Be sure to fill out Form #1 before you move on to Form #2.** I am delighted to repost and share it with you below. Let me know your thoughts. If you would like to discuss over a virtual coffee, please book some time [here](#). Remember to Decide. Be Bold. & Lead.

Form #1 Super Stuck

Fill in the blanks below as honestly as you can. Don't hold back. Plan to trash this form later so you can write without feeling like anyone is judging. To start, think of the most stuck person you know. Ready? Begin.

1. This person is getting their own way by being so _____
2. This person could really break through if they would only _____
3. This person is just afraid of _____
4. If this person knew what was good for them, they would _____
5. Meanwhile, I also know someone brave enough to do anything he/she wants. The quality that makes this person so amazing is _____
6. I am grateful that this person did not give in but instead behaved in a way that was _____
7. If I had this person as a mentor, I'd have the guts to _____
8. If this person were mentoring me, what I'd love to hear them say is _____

Form #2 Super Self

Have you finished Form #1? Now fill out Form #2 by copying each answer from Form #1 into the corresponding blank below. Don't think as you write, and don't tweak your words. If you really want a breakthrough, faithfully copy what you wrote.

1. I can think of times when I was (copy your answer to question 1 in Form #1) _____
2. I really need to just (copy your answer to question 2 in Form #1) _____
3. I am just afraid of (copy your answer to question 3 in Form #1) _____
4. If I knew what was good for me, I would (copy your answer to question 4 in Form #1) _____
5. On the other hand, what makes me so amazing is that I am (copy your answer to question 5 in Form #1) _____
6. I can recall times when I have had the courage to behave in a way that was (copy your answer to question 6 in Form #1) _____
7. Deep-down, I have everything it takes to (copy your answer to question 7 in Form #1) _____
8. My true self is always guiding and comforting me. Right now, it is saying (copy your answer to question 8 in Form #1) _____

Now read through Form #2. Open your mind to ways in which it might be accurate. Take your own advice and see if your viewpoint doesn't start to expand into something greater than you ever imagined.