

## Stuck or Stall?

### The Art of Getting Unstuck – Using Creativity to Break Through Stall Points

Every organization hits a wall eventually—a moment where progress stalls and the way forward feels unclear. In this episode, we unpack “stall points”—those stuck moments when growth slows or momentum fades. We explore how creativity can act as brand therapy, helping organizations reframe challenges, unlock fresh thinking, and move forward with clarity and confidence.

#### INSTRUCTIONS

**Goal → Help identify where you feel stuck—and reframe it as a stall point: a signal, not a stop.**

Take a moment to reflect on the challenges you're currently facing in your business or organization. Then, complete the following exercise:

**1**

#### Make a List of Challenges

Identify 3-5 areas where you feel stalled or stuck.

These could be related to growth, innovation, branding, partnerships, or internal processes.

**2**

#### Reframe Each as a Stall Point

For each challenge, describe what a “stall point” might look like.

Where does growth slow?  
Why do you feel stuck?

**3**

#### Brainstorm Creative Solutions

For each stall point, come up with three potential creative solutions.

Push yourself to think outside the box—consider unconventional, offbeat, or even seemingly wild ideas.

#### ACTION STEPS



Choose one of your creative solutions to test in the next week.



Outline a small step you can take to move forward and break through the stall.



Keep track of what works and adapt as needed.

#### SHARE YOUR JOURNEY

We'd love to hear how creativity is helping you get unstuck! Share your biggest stall points and your breakthrough moments on Instagram. Use **#GetUnstuck** and tag **@alittlebetterco** to join the conversation. Follow us to find out how you can win a free hour of brand therapy!



By embracing creativity and shifting your perspective, you can turn stall points into stepping stones for growth. Keep this worksheet as a tool to revisit whenever you feel stuck!