

Choice Point Tool

Purpose

Feeling stuck doesn't mean you're out of options.
This tool helps you notice where choice still exists.

Step 1: Name the Stuck Point

Briefly describe what feels stuck right now.

Step 2: Find the Choice

Even small choices count.

One choice that *is* available to me right now is:

Step 3: Widen the View

List one or two additional small options (no pressure to act yet):

- Option 1: _____
 - Option 2: _____
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Step 4: Choose Gently

Which option feels most supportive or doable right now?

Bridge the Gap Coaching

Choice doesn't have to be big to matter. Small choices restore movement. The bridge holds as you step forward.