

BY JANJA PORT

THE ASCENT WITHIN

Tips to

OVERCOME OBSTACLES

and

EMBRACE CHANGE



INSTRUCTIONS

This questionnaire serves as your guide to assess where you stand in relation to the stuckness you are experiencing.

Make note of the numbers in front of the answers and sum them up.

Once you've completed the questionnaire, you'll find an interpretation of the answers you've given.

How long have you been facing this situation?

-  More than a year
-  6-12 months
-  1-6 months
-  Less than a 1 month

How much does your situation affect your daily life?

1

It has a major impact on my daily life.

I am constantly thinking about it and it is difficult to focus on other things. It is also affecting my relationships, my work, and my overall well-being.

2

It has a moderate impact on my daily life.

I am still able to complete my daily responsibilities, but it is taking a toll on me. I am not as productive as I used to be and I am not enjoying my life as much.

3

It has a minor impact on my daily life.

I am able to manage my situation, but it is still there in the back of my mind. It can sometimes be difficult to focus or make decisions.

4

It has no impact on my daily life.

I am able to go about my day as usual and my situation does not affect me in any way.

Have you taken action to resolve your challenges?

1

I have not taken any action to resolve my challenges.

I am feeling overwhelmed and I am not sure where to start. I am afraid of failing, so I am just avoiding my challenges. I know that I need to take action, but I am not sure how to do it.

2

I have taken some actions to resolve my challenges, but I have not been successful yet.

I have tried a few different things, but nothing seems to be working. I am feeling frustrated and discouraged, but I am not giving up. I am going to keep trying until I find something that works.

3

Yes, I have taken action to resolve my challenges.

I have tried a number of different things, including making a plan, asking relevant people for support and, if relevant, talking to a therapist. I've read expert advice or books relating to my situation. I've joined a support group relevant to my situation.

I am still working on resolving my challenges, but I am making progress.

How often do you notice new or alternative ways of looking at your challenges?

1

I rarely consider new or alternative viewpoints.

I do my best but I tend to stick with what I know. The potential risks of not getting it right outweighs the potential benefits, leading me to avoid trying new things.

2

While I'm a bit hesitant, I do recognize the value of new ideas.

I sometimes step out of my comfort zone to consider different ways of thinking, although I generally find my current approach satisfactory.

3

I am open to new ideas and perspectives, yet I also find comfort in my current mindset.

I'm willing to experiment with new approaches, although I might not be the first to embrace new suggestions and viewpoints.

4

I thrive on exploring new ideas and perspectives.

There are always multiple ways to look at a situation. I actively seek fresh ways to tackle my challenges and embrace change with enthusiasm.

How likely are you to reach out for support?

1

I rarely reach out for support.

I believe that I can solve my problems on my own. I would not be willing to seek out support from family, friends, work colleagues or even professionally.

2

I often reach out to my close network who provide the support I need.

I am comfortable asking for help from my partner, family, friends or work colleagues when I feel like I would benefit from their support. However, I would not seek out a therapist or a coach as I don't think they can provide the help I need.

3

I'm more likely to reach out to a professional than my close network.

I feel uncomfortable talking about my problems with my partner, family, friends or work colleagues. I would be open to talking to a therapist or coach to get the support I need to work through my challenges.

4

I actively reach out to relevant people when I need support.

I believe that support can make a big difference in overcoming challenges. I would be willing to seek out support from friends, family, work, therapist, coach, or anyone else that could be helpful.

How clear are your goals and direction?

1

I don't have goals or direction in life.

I struggle to explain what I want in life. I am feeling very lost and I am not sure how to start changing my situation.

2

My goals and direction are unclear.

I have a vague idea of my goals and direction but it would be hard to explain specifics. I usually float through life and I take what comes my way. I plan at most a few months ahead and I feel lost if I have to envision a few years in advance.

3

I have a general idea of my goals and direction in life.

I know what I want to achieve in the next few years, but I need to do more research and planning to finalize my short-term goals. When opportunities arrive, I can assess whether they fit with my goals and whether I should take them.

4

My goals and direction are very clear.

I know exactly what I want to achieve at what timeline and I have a plan to get there. I am confident that I will be successful.

6

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LOST IN THE MIST

You find yourself in a challenging situation that makes it hard to focus, affecting your relationships, work, and overall well-being.

You might be feeling stressed, anxious and overwhelmed. You don't know what to do or you might be avoiding taking action, which is further contributing to your sense of feeling trapped.

It's okay to feel unsure about what steps to take or to experience moments of avoidance. Remember, your acknowledgement of these feelings shows your strength.

As you seek solutions and reach out for support, you're already on the path of transformation.





6

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NEXT STEPS



Acknowledge your emotions and show self-compassion to your situation. For example, you can list the emotions you are feeling and then write what those emotions are trying to tell you and why.



Reach out to a partner, trusted friend or family member for guidance and support. Their insight and presence can be invaluable as you navigate through your situation.



Consider support from a therapist or coach who specializes in helping individuals through challenging phases in life. They can help provide structure and a safe space whilst you navigate your challenges.



Embrace the idea that change is possible and that you have the strength to overcome this phase.



Begin with manageable steps toward your goals. Patience is a key companion on this journey of transformation.

10

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CLIMBING WITH DETERMINATION

You're noticing a growing sense of frustration stemming from the desire for tangible change.

Your efforts have been met with varying outcomes. You're willing to keep trying. However, you feel resistance or even dread when trying to step beyond your comfort zone.

While the thought of seeking professional support might stir some discomfort, you heard of its potential to offer support, insights and strategies that your current network can't.

This phase of exploration is a stepping stone towards your greater understanding and transformation.



10

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NEXT STEPS



Allow yourself to feel frustrated and discouraged without judgment; these emotions are part of your journey.



Reflect on your setbacks and successes. What worked or didn't work? What have you learned from this? How do those learnings inform your future choices?



Practice self-compassion and patience as you work toward clarity and progress.



Prioritize self-care such as mindfulness, physical exercise, and nutrition to support both your body and mind.



Embrace professional support for fresh perspectives and effective strategies.



Set aside time for introspection and goal-setting to gradually find direction.



Celebrate each small victory along the way, acknowledging your growth and determination.

15

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ADAPTING TO THE TERRAIN

You're in a phase where your focus shifts and uncertainty emerges. The usual approaches may not yield the same results, prompting you to pause and reevaluate.

Embracing change isn't always easy, but your willingness to experiment reflects your growth mindset.

While sharing with loved ones might be a challenge, the openness to seek guidance from a therapist or coach is a powerful stride. Your goals possess clarity, and the confidence to refine them over time highlights your potential for progress.

This phase is an opportunity for self-discovery and evolution.



15

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19

NEXT STEPS



Reflect on the factors influencing your situation and what you've learned from both successes and setbacks.



Embrace mindfulness practices, exercise, and self-care to support your well-being.



Continue to be open to new ideas and perspectives as they can offer fresh solutions.



Consider seeking professional assistance from a coach for additional support and accountability.



Break your goals into smaller, achievable steps to build momentum.



Give yourself permission to be patient; progress takes time and effort.



Acknowledge your determination and growth through each step of this journey.

20

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RISING HIGHER

Your journey is one of growth, marked by a moment of uncertainty that signals transformation.

As you explore new ideas and approaches, your adaptability shines through. Your determination drives you to seek solutions from various avenues, revealing your readiness to surmount challenges.

You're already standing on the brink of transformation, empowered by your pursuit of support and your clear goals.

Celebrate your achievements, embrace change, and hold onto optimism as you pave your path to success.



20

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NEXT STEPS



Continue taking proactive steps, maintaining your momentum in seeking solutions.



Be patient with yourself and acknowledge your progress, celebrating even the smallest achievements.



Stay open to new ideas and perspectives, as they can offer innovative approaches to your challenges.



Leverage your support network, seeking assistance from friends, and family if needed.



Consider working with a coach to build resilience, and accountability and gain confidence to resolve your situation quickly



Embrace change and remain optimistic about your ability to achieve success.



**WHAT NEW INSIGHTS
HAVE YOU GAINED?**

**WHAT WILL YOU DO
NEXT?**

Would you like to:

- Visualize and embody your future self
- Understand your subconscious drivers and blind spots
- Overcome internal conflicts and resistance
- Become intentional with your choices and relationships

Then reach out through the form on my website

(janjaport.com) or email (**info@janjaport.com**) to schedule your introductory call.

**Become the architect
of your destiny!**

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While we aim to offer valuable insights, some challenges might be complex and require specialized expertise. If you're dealing with mental health issues or conditions, please consult with a licensed mental health professional or a qualified therapist for appropriate assessment and treatment.

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