WORKSHEET **My Stall Log**

Fill this in when a ramp stalls, and use the second entry if your first fix doesn't work. Print a fresh copy for each new stall, and after two weeks look for patterns.

FIRST STALL

Date: _____ Task: _____

Stuck on step: _____

Why it stalled: ☐ Too big ☐ Missing piece ☐ Strong feeling ☐ Interrupted ☐ Waiting on someone ☐ Out of time

The fix I tried: _____

Did the ramp start moving again? ☐ Yes ☐ Partly ☐ Not yet

SECOND STALL (if the first fix didn't work, try another)

Date: _____ Task: _____

Stuck on step: _____

Why it stalled: ☐ Too big ☐ Missing piece ☐ Strong feeling ☐ Interrupted ☐ Waiting on someone ☐ Out of time

The fix I tried: _____

Did it move this time? ☐ Yes ☐ Partly ☐ Not yet

The kind of stall I hit most often: _____

What I'll build into my next ramp because of it: _____

© 2026 Blake Tenney · From *Stuck Between Knowing and Doing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads