

4 Fool-Proof Steps to Getting Unstuck.



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Are you actually stuck?

Are you frustrated with the distance between where you are and where you want to be?

Are you tired of getting the same old results in life?

Are you the kind of person who's done the work to get here, done the work required while here, but can't seem to move on from here?

What I've discovered is what you did to get to this place is not going to move you out of this place. And yet, if you are like me, you tend to keep doing the same thing. Mandy Hale says, "Growth is painful, change is painful but nothing is as painful as staying stuck somewhere you don't belong." It's time to do the painful work of growth. If you don't, you will still be stuck here next year and the year after.

Here are 4 fool proof steps to getting you unstuck, if you are willing to put in the work.



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Step 1: Acknowledge where you are.

This may be a simple step but it's not easy. Acknowledging where you are includes identifying the fears keeping you here. I'll help you with the first fear: I believe my situation is unchangeable. This fear leaves us feeling powerless. Believe it or not, acknowledging that we feel powerless, helps us see what we can do and what we cannot do. In a sense, it gives us our power back. We can quit banging on a door that is not going to open and find the door that is already open. When you get to know fear from a place of curiosity not resistance, you can transform the angst into patience, innovation and creativity.

There are other fears that are holding you in this place of feeling stuck. To uncover them spend some time with these questions:

- What am I avoiding? Why am I afraid of it?
- What have I said yes to out of fear? What scared me about saying no?
- What is this fear protecting me from? An outcome? A process?
- What exactly am I scared of? Being wrong? Making a mistake? Feeling an emotion? What other's think?
- What would I do if fear wasn't stopping me?

The goal is not to be fearless. Fear is part of the human experience. The goal is to learn and grow from taking a real look at fear.

Acknowledging what fear holds us here can be like hitting a release valve. This may be the only step you need to move forward.



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Step 2: Question the roles you play.

Our ideas of what makes a good partner, daughter, parent, employer, employee, often get in the way of becoming who we really are. The inner work of getting unstuck involves giving ourselves permission to create space in our life for the real us. Every one of us lives our lives by rules, ideas, beliefs. Most of these rules were placed on us, not chosen by us. Many times we live by rules, beliefs, ideas that prevent us from moving forward. Tony Robbins says, “The only thing that’s keeping you from getting what you want is the story you keep telling yourself.”

To uncover beliefs that have held you back, wrestle with these questions.

- What common message did I hear as a kid? How does this still shape my life?
- What rules would I be breaking if I moved out of this stuck place?
- What beliefs do I have about how I should behave that are getting in the way of me moving forward?
- What are my usual excuses for why I don’t have what I want?
- If I don’t change these beliefs where will I be in 10 years?



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Step 3: You're actually stronger than you think.

We've already been given what we need to live a maximized and full life, whatever that is in our current season. Many of the very things we desire are already within arms' reach. The tricky part is they look like challenges which means we need a new perspective.

- What would it feel like to be unstuck? Name three fabulous emotions.
- What can you do more of each day to feel those?
- What's right with my current picture?
- What's the most effective thing for me to focus on?
- What actions have I taken? What's one baby step I can take today toward forward movement?

Taking action, any kind of action, even action that isn't perfect, is power. There is a wide open lane to your left, you just have to decide to take it.



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Step 4: Learn about yourself.

This one can be difficult because we are either our worst critics or oblivious to some of our self-destructive thoughts and habits. Knowing who we are, what motivates us, what trips us up is key to moving forward.

Here are some journal prompts, be descriptive, include a great deal of detail.

- My favorite way to spend the day is . . .
- The two moments I'll never forget . . .
- 30 things that make me smile . . .
- The words I'd like to live by are . . .
- The thing I love about life is . . .

Understanding more about who you truly are at your core, who you were designed to be, gives you a compass. Knowing what you value, what motivates you, what makes you feel alive gives you a direction to move toward. We can say yes to what fits our design and no to what was never meant for us in the first place.



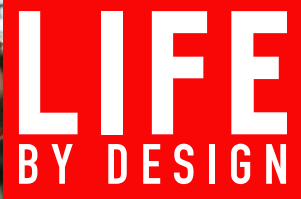
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Step 5: Get a Free Consultation!

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