



GET UNSTUCK IN 5 SIMPLE STEPS

Life has a way of putting us on auto-pilot and it's a unique person that hasn't, at some point, found themselves stuck without knowing how to get...well...unstuck. Our minds get caught up in the 'HOWS' rather than focusing on the 'WHAT' and 'WHY' of our lives.

Make your mind your bitch by focusing only on what you want and why you want it. Anything else is a waste of time leaving you feeling hopeless and unfulfilled. Focusing on the right things and asking yourself the right questions will help you get clear about the person you're meant to be, living the life you're meant to be living. This happens in two ways: purposeful self-reflection and taking action. That's it. So let's get started, shall we?

1. VALUES

What you value is not the same as your morals. Values are never right or wrong – they just are. Values are the things you that matter to you, and more importantly, the things you do when you are being your best self.

ANSWER THESE QUESTIONS TRUTHFULLY:

- When are you most proud of yourself?
- What are you doing when you feel most alive?
- Who are you with?
- Why does doing that make you feel so good?
- What absolutely has to be a part of your life?

2. VISION

What do you actually want out of your life? How do you want to feel? If tomorrow was your last day, would be satisfied with the life you lived? What do you want to be DOING and how do you want to FEEL?

ANSWER THESE QUESTIONS & BE DETAILED AND SPECIFIC:

- What does your perfect day look like?
- What are you doing and how do you feel?
- How will you know if you've had a successful life?
- What will you have done? Who will you have been? What or who will you have had an impact on?

TIME TO TAKE ACTION

You'll always feel some fear. That's how we know that we want matters to us. If you wait until you're fearless you'll never take action. This is where self-awareness comes in. Be willing to dig deep and look at what's really holding you back and work on using those fears to spur you on instead. The key to giving fear the finger is taking action immediately.

3. PRIORITIES

You have the power to make your vision happen by how you use your time, money, information and resources. Rather than setting a 1 or 5 year plan, try picking 1 thing you can do in the next week, month or quarter that will move you closer to what you want. Take time everyday to do ONE THING that will move you towards your goal.

ANSWER THESE QUESTIONS:

- What is your priority for the next week, month or quarter that lines up with your values and moves you closer to your vision?
- What can you do TODAY to move you closer to your goal?

These last steps are what slows us down or keeps us stuck the most so working on this last 2 can help you reclaim your personal power and get you up and over those perceived hurdles.

4. BELIEFS

Our most limiting beliefs are the ones instilled in us by others and usually at an early age. Sometimes they're the result of perceived failed attempts at something. It's important to reverse those limiting beliefs and choose new ones for ourselves. Limiting beliefs often make us the victim of something we feel we can't control, change or influence because we make assumptions.

Your job is to question every problem you think you have and see if you can't come up with proof that that problem can be overcome or eliminated. Ask yourself (your mind) the right questions and you'll be able to overcome anything and get clarity on your vision, mission and purpose. When you do, you'll know your next steps.

ANSWER THESE QUESTIONS:

- What resource, skill, connection, or thing do I think I need to be making progress toward my goal?
- Why do I think I need this and how could I creatively work around this problem?
- What words do I use to label myself?

- How are those labels hold me back?
- What have I missed out on because of my limiting beliefs?

5. FEARS

Everything we do or don't do comes down to fear. Fear of being rejected, judged, failing or disappointed. Your job is to get to the root of all your fears and realize which of these is keeping you stuck. Your mind is just trying to protect you but YOU are in charge of the thoughts you think.

ANSWER THESE QUESTIONS:

- Which fears seem to be keeping you most stuck?
- When you dig down, what are you actually afraid of?
- What happened in your past that is causing this fear?

So that's it. Simple...not easy and it's just the beginning. This isn't work you do once. You'll want to go through these steps whenever something new comes up or even as you move closer to your ideal day and life because each new level brings about a new devil created by your mind. If it you need help get support from an unbiased friend or a life coach. If you have a question, please don't hesitate to reach out to us. That's what we're here for.

