

# GETTING UNSTUCK

## TOWARD A FRESH VISION AND A MORE PROFOUND LEADERSHIP INFLUENCE

Stuck describes "something that is frozen or fixed in one place and unable to be moved." Everybody feels stuck at some point in their lives. Most people feel stuck at various points in their lives. Being stuck is the profound feeling that you are unable to make progress on something that is meaningful or important to you. Stuck can result from any issue where you desire change but feel blocked or powerless to see change.

### DEFINING "STUCK"

Remaining "stuck" is typically a result of two factors. First, it results from a set of personal limiting beliefs. Examples of limiting beliefs might be "I am not smart enough", "I am not worthy of success", "I am too old or too young", "I can't change", or "I don't deserve happiness and joy." Second, remaining stuck reveals a lack of courage to demonstrate personal agency. Agency is defined as the capacity of acting or asserting power for oneself to take meaningful action.

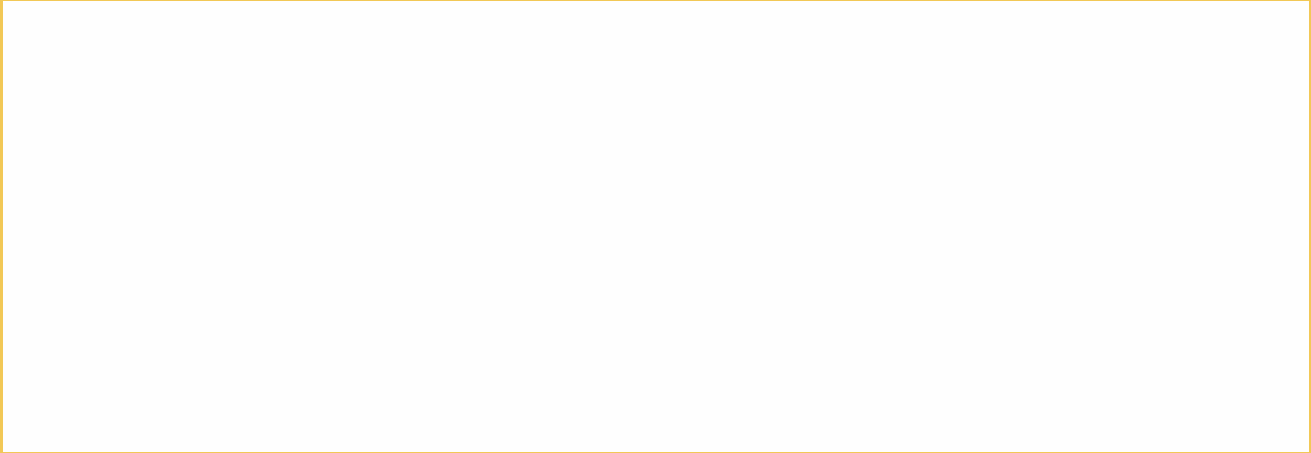
#### STEPS TO GETTING UNSTUCK

1. Investigate your current reality
  - a. Describe your stuck moment or season
  - b. Why are you stuck?
2. Identify your limiting beliefs
3. Explore a core set of empowering beliefs
4. Create a community of encouragement and accountability
5. Take three concrete steps of courage and agency
  - a. Action creates clarity
  - b. What are 3 practical and concrete steps you can take now that will help move you forward and strengthen your confidence?

# Investigate Your Current Reality

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Describe your current stuck moment or season



Consider why you are stuck in this moment or season--be as honest as possible




Describe what being unstuck might look like and feel like



# Identify Your Limiting Beliefs & Explore a Core Set of Empowering Beliefs

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What specific limiting beliefs are holding you back? Name them.

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What are some aspirational empowering beliefs that you would like to move toward related to this specific issue? List them.

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# Create a Community of Encouragement & Accountability

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List some key people that could be part of your encouragement and accountability team through this season of getting unstuck. How can each one be of help?



## Steps of Courage & Agency

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List three practical, concrete steps you can take now that will move you forward and strengthen your confidence

