

# “Get Unstuck NOW”

Don't be late for 2008

December, 2007

We all get stuck. We are not alone, we just need to acknowledge it, get help, work on it and find solutions to move on.

Why now... why December, when the Holidays are upon us, and we are all busy frolicking in the festivities?? Consider this: being on time is actually late, and early is better. Don't be late to 2008! Getting unstuck is in your power; it always was and always will be. All you have to do is decide to get unstuck, and most importantly, ACT on that decision.

Getting “stuck in a rut” happens to the best of us. It can leave us feeling vulnerable to the many external factors which affect our outlook, attitude, and activities, which in turn affect our feelings of success, accomplishment and self-worth.

The biggest problem with getting stuck is staying stuck. Without recognition, decision, and action, you will stay stuck indefinitely.

Do any of these terms describe your state right now? Do any of these emotions feel familiar?

- Overwhelmed
- Under-challenged
- Uninspired
- Unappreciated
- Out of balance
- Ineffective

Or worst yet... Unemployed.

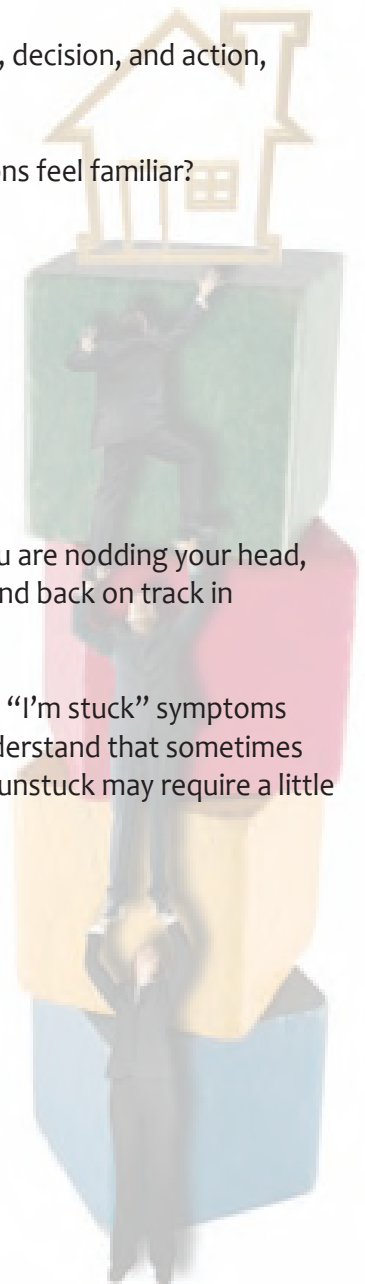
These are all symptoms of the “STUCK” bug. If the light just went on and you are nodding your head, you are now on the road to recovery and on the way to getting “Un-stuck” and back on track in time for the New Year.

You need to be enjoying and feeling good about what you are doing. If these “I'm stuck” symptoms are part of your daily life I would suggest now is the time to get unstuck! Understand that sometimes there is a short-term loss needed to make a long-term gain, and that getting unstuck may require a little less logic and much more heart and soul.

Now it is time to RECOGNIZE what you are stuck on.

Is it:

- SOMething
- SOMEone
- SOMEwhere



One or all of these “SOME’S” are not allowing you to move forward.

**Are YOU:**

- stuck on YOU?
- stuck on someone YOU work with?
- stuck on somewhere YOU are working?
- stuck on getting somewhere YOU want to get?

All of these “stucks” start and end with YOU! You must recognize what has placed you in this stuck state, make a decision to get unSTUCK, create and execute the actions and solutions to correct your path and get you out of this very temporary state.

Remember, you would not have gotten stuck if you were not moving forward at some point, and that is good news. Let’s focus on how to get back on track, moving again, out of the rut and on the road with a new road map to set record pace time.

You may see the next steps as too big, uncomfortable, or unknown, but believe me it will be worth it! Take them in baby steps, with a plan and purpose broken down to be achievable and worthwhile along the way. Your plan needs to have benchmarks and measurements to let you know you are on the right track.

Getting unstuck will require you to look at the BIG picture of where you are now and where you want to be, and then put that almighty action plan together. Make a check list of the things you need to think about getting in alignment.

**Your Purpose**

- Why do you do what you do?
- Where do you want to do it?
- Who do you want to do it for?

**Your Vision**

- Where are you right now?
- Where do you want to be?
- What is the best way to get there?

**Your Process**

- Decide on your step-by-step written plan to guide your path.
- Set your goals and timelines to help measure your progress.

**Your People**

- Surround yourself with “like-minded” people.
- Network yourself with those that will support your vision.



## Your Reward

- Reward yourself for achieving both short and long-term goals.

Focus on coordinating activities that move you out of the rut you have driven into and back on the road. Keep a map in hand with specific sights, stops, and events to celebrate along the way.

Send a well-crafted message to yourself, one that includes your vision, your ideas, your hopes and dreams. Include in this message a note to self about the driving purpose behind WHY you are doing this. “Why” may very well keep you from going backwards and be your best guide to moving forward.

Wanting to be unstuck by itself will not empower you with the impetus and tools you need to get there, but it is certainly the beginning of something great! Putting a purpose and a plan behind your vision is monumental in accomplishing and creating new results.

Your need for these new beginnings, with all these new ideas may initially make you feel vulnerable. When we are stripped down to our basic vulnerabilities, we are at the moment of truth that makes us most able to accomplish those great things just waiting to happen.

Consider the following question when trying to get unstuck:

Given a brand new day with a clean slate, what would I do to live out my vision and dreams?

Make sure there are no gaps in alignment between your purpose and your actions, between what you aspire to be and how you need to act and think everyday.

Your Thoughts = Your Words = Your Actions

It's time, don't be late in 2008. There is opportunity awaiting you that is costing you both financial and emotional growth every day. Make the decision and put into place an action plan to move yourself off the square you are on and around the board passing GO... to the world of Unstuck and Unafraid.

For more idea's on getting “Unstuck” visit [www.unstuck.com](http://www.unstuck.com)

