



SUCCESS IN GETTING UNSTUCK

You know something is causing you to feel stuck when you realize: "I've been here before! How did I get back here again? Only--it's worse now... Unbelievable!" It's actually quite common. Who hasn't witnessed a car stuck in the mud, spinning its wheels and digging a deeper hole?

Here's how you can successfully shift into being unstuck:

1. Manage your emotions.

Nothing productive can happen until you calm yourself down. Breathe consciously to give yourself more oxygen without forcing the exhale; do it gently. People in all walks of life have already learned how to do this with great results.

2. Get a fresh perspective.

Step out of your current situation. Pretend you're watching yourself on a movie screen. By distancing yourself from the frustration of feeling stuck, you'll have the opportunity to see what's really going on. Objectivity helps you see more clearly.

3. Think "damage control."

Instead of making matters worse by kicking yourself for having gotten stuck again, acknowledge yourself. Punishing yourself with your thoughts or dwelling on your "failure" will only cause you to feel hopeless, robbing you of the energy and clarity you need to move forward.

4. Reinterpret the event.

When you think of life as "a process" instead of "a result" it's easier to make a "course correction" along your path. It's what life is all about. Pilots do this whenever they fly from one destination to the next to accommodate air traffic or storm patterns. It requires being flexible and letting go of the familiar.

5. Do something else.

What are you repeatedly doing that's not working? Stop doing it. Do something else; don't spin your wheels. Give yourself the courage to do what you know to do. If you don't know what that is, doing almost anything else will break your current pattern.

6. See yourself differently.

Behavior follows self-image. See yourself in a new light. Quit telling

yourself (and others) your old tired tale. You are not a victim of your habits unless you choose to be. Give yourself a new story that will help you get unstuck. Repeat your preferred story as often as you can.

7. Be resourceful.

Start with the pre-supposition that help is always available to you. When you remind yourself that you have inner tools and resources at your fingertips or you can phone a friend while in your current situation, you're setting yourself up for success. By tapping into your resources, you'll be amazed at all the possibilities for support.

Now instead of getting stuck, you'll grow through these situations. You'll learn from them, bless them, and move on.

The Best of Success to You!

Barbara McRae, MCC
The Savvy Success Coach

P. S. Please visit my new Savvy Success Strategies page on Facebook:

<http://www.facebook.com/SavvySuccessStrategies>

If these Savvy Success Tips are of value to you and you'd like to have more support in implementing them to grow your business or yourself OR you've had similar ideas, but can't seem to get beyond your barriers or blind spots, you could benefit from 1:1 or group Savvy Success Strategies coaching.

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