

The Top Ten Steps That Will Help You Get Unstuck

It's not unusual to feel stuck, trapped, and unable to move from a situation you feel is stifling. Actually, it's part of life and growth. But getting "stuck in" and "growing through" situations are different. Here are ten ways to shift from one to the other.

1. Step back and ask yourself what's really going on.

When you're caught up in the stuff of everyday life, it's easy to lose objectivity. It's good to set aside a little time each day to challenge the obviousness of what seems to be going on. Is there a lesson to be learned that you are missing? Might that setback really be a step forward? Will things really turn out as badly as you think they will?

2. Consider whether what's happening has happened before.

Is this a unique situation or is it just another example, in different garb, of an issue you've failed to confront before? If it's the latter, maybe now's the time to solve it and move on.

3. Assume that present events and circumstances may be less of a "problem" than parts of a larger "process".

There's a fair case to be made for the notion that, in this life, all is process rather than result. In other words, what this life is really about is growth and learning. Viewed in this light, where you're heading is not as important as how you chose to get there. (For those that are strongly goal-oriented, this may be tough to swallow.)

4. Ask yourself what you can do next.

It's the small steps that lead to successful journeys. Don't get sucked in by the suggestion that you've got to solve it all today.

5. Do something – anything!

When you're stuck, taking any step puts you in a different place and helps change your perspective, even if it's a wrong move! And, doing something could be a conscious decision to do absolutely nothing! Sometimes, we have to stop "doing" in order to get clear.

6. Look for support nearby.

Almost always, help is at hand, a phone call or touch away. We tend to look way out there or off into the future, thinking that the help we need is just not available to us in our present situation. If, instead, you begin with the assumption that the tools you need to solve the problem are close at hand, you'll be amazed at how it sharpens your vision!

7. **Take the negative, one by one, and toss them out.** Negatives can be just as powerful as positives, depending on how much energy you give them. It's your choice.

8. **Take one positive, unselfish project and make it yours.**

Help someone else, even if you think that you're the one who needs help. And don't be surprised if, in your darkest moment, someone comes knocking at your door – asking for help.

9. **If lack is a problem, try substituting the word “service” for profit or gain.**

You “get” from what you lack, but you “give” from what you are. When you begin to consider seriously how you can be of service, it can be absolutely amazing how much you discover you have to give.

10. **Be grateful for every blessing.**

It's not the big jumps that lead to greatness – it's small steps. The “little” good things that happen to us (and sometimes they seem to be very little) are tests of our awareness. It pays off not to flunk these tests!

This list was taken from the book, “Working Wisdom” by Thomas J. Leonard