



Getting Unstuck

Breaking Free and Moving Forward

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You may be stuck if...

- Your heart wants to do something but you never seem to do it.
- You engage in continued unwanted behaviors.
- You're exhausted on a seemingly endless hamster wheel.
- You keep ending up in the same mess you are trying to avoid.
- Various people keep giving you the same feedback about yourself.
- What you know you ought to do is different from what you do.

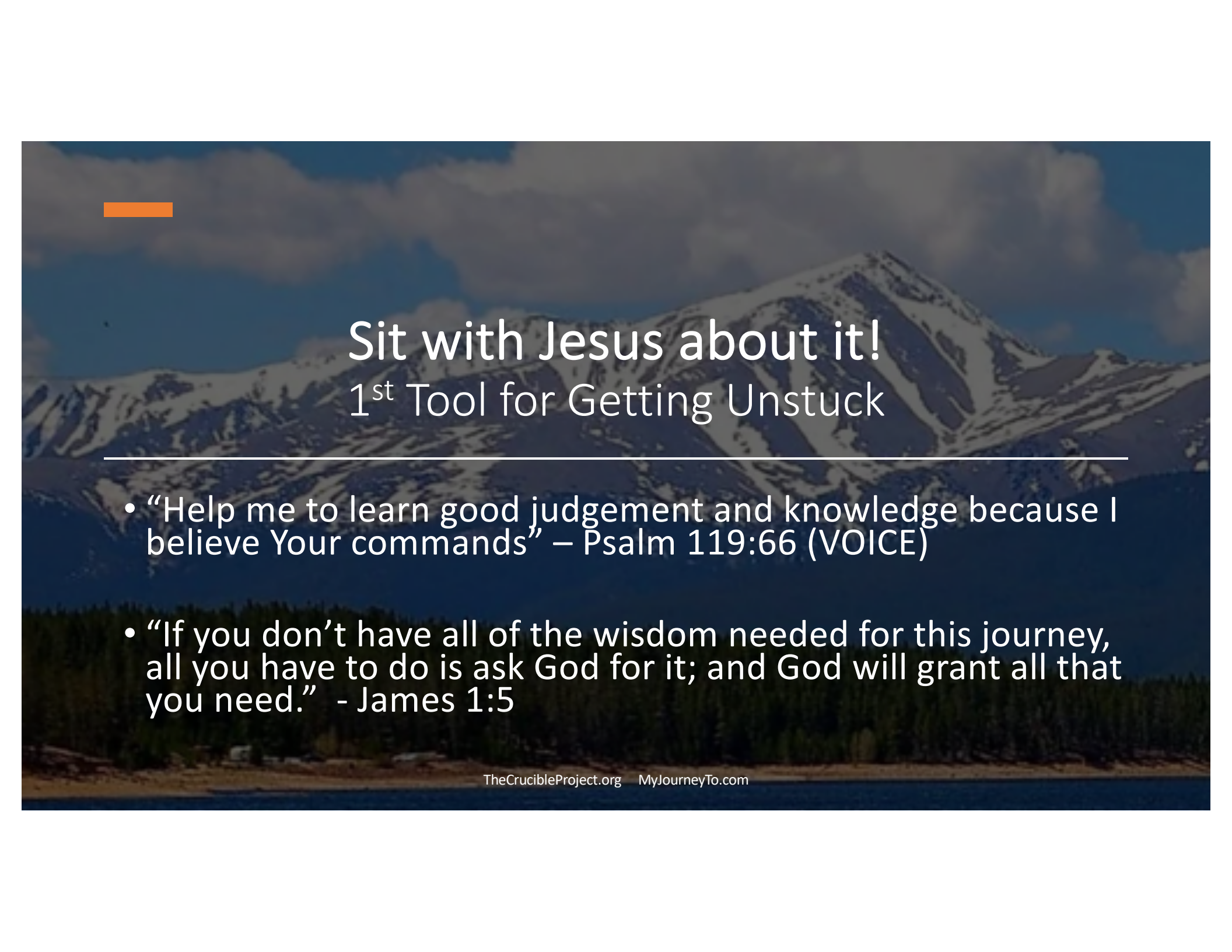


Where are you stuck?



Five Reasons We Stay Stuck


- We have given our power away and live as a victim.
- We are unclear about what we really want.
- We have unclarified priorities.
- We get something out of staying stuck.
- We fear what will happen if we try to get unstuck.



Sit with Jesus about it!

1st Tool for Getting Unstuck

- “Help me to learn good judgement and knowledge because I believe Your commands” – Psalm 119:66 (VOICE)
- “If you don’t have all of the wisdom needed for this journey, all you have to do is ask God for it; and God will grant all that you need.” - James 1:5



The Holy Spirit will never
tell you to do something
contrary to the nature
or Word of God.



Invite others into praying about it.

“Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.” - James 5:16 (ESV)



Prioritize Your Productivity

2nd Tool for Getting Unstuck

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Clarify Your Mission

- What would you do if you had all the money you ever needed?
- What are you naturally gifted to do?
- What injustice do you say, “Someone ought to do something about that.”?
- What fills you with joy and energy?

“How you spend your time & money reveals your priorities!”

- Track your time and money.
- Categorize what your tracking reveals.
- What does how you spend your time and money say about your values and priorities?
- What do you want to do more and less of?
- Intentionally schedule for your priorities.



What About To Do Lists?

Prioritizing Your Productivity

1. Keep your To Do list outside of your brain – on paper or electronically.
2. List everything that you can think of that you need to do on one long list.
3. Update the list in a regular rhythm.
4. Check to see if some of the tasks will happen in large phases and list the phases separately.



ENERGY AND RESOURCES

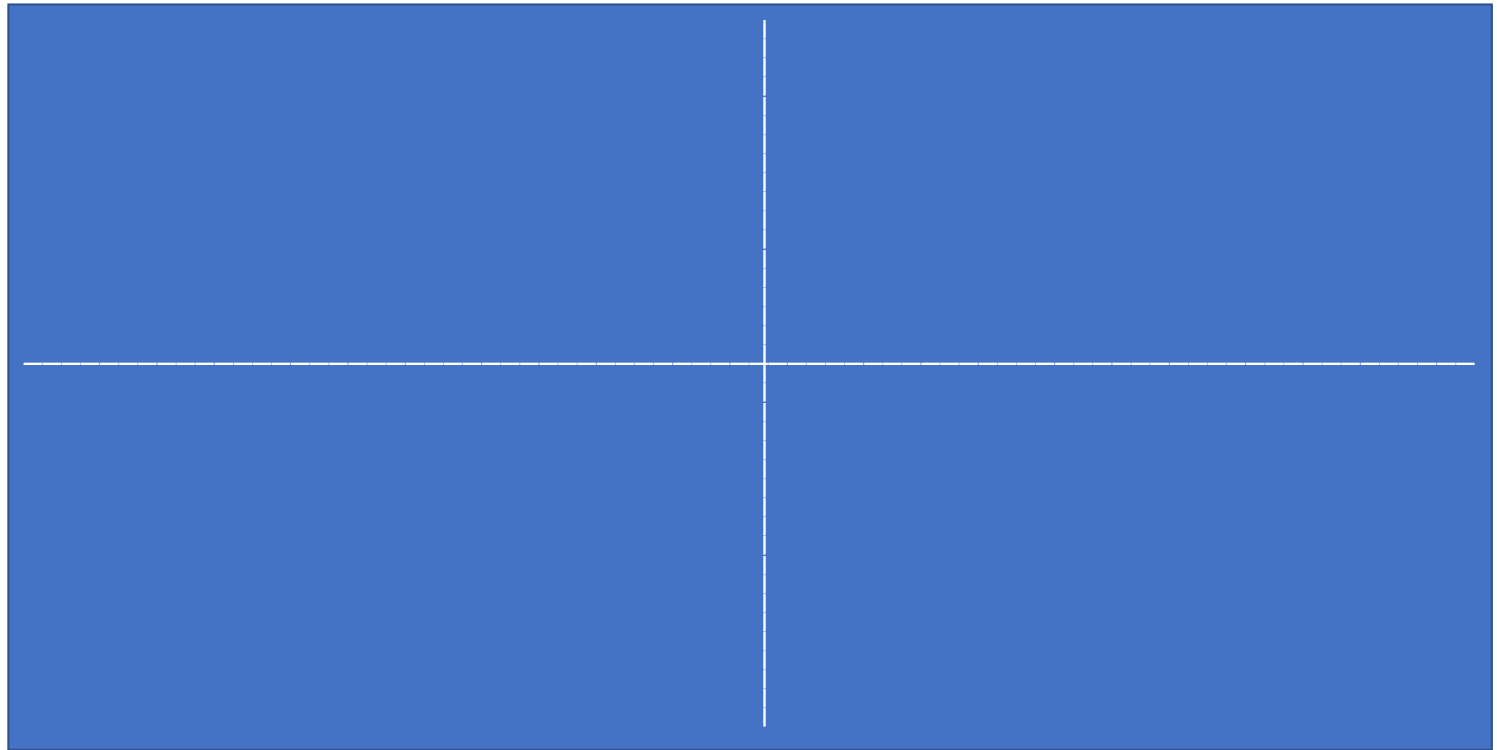
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ENERGY AND RESOURCES

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- Return call about insurance
- Send receipt to Purchasing
- Lunch with John Casey
- Print Handouts

- Study possibility of merger
- Monthly Accounting Report
- Meet with Contemplative
- Map all alumni

- Call donor Kenny
- Send out board agenda
- Write this week's article
- Thank you calls
- Send Devra flowers

- Write book about Crucible
- Community Dev training
- Regional fundraiser planning
- Develop media relations
- Launch weekly podcasts

ENERGY AND RESOURCES

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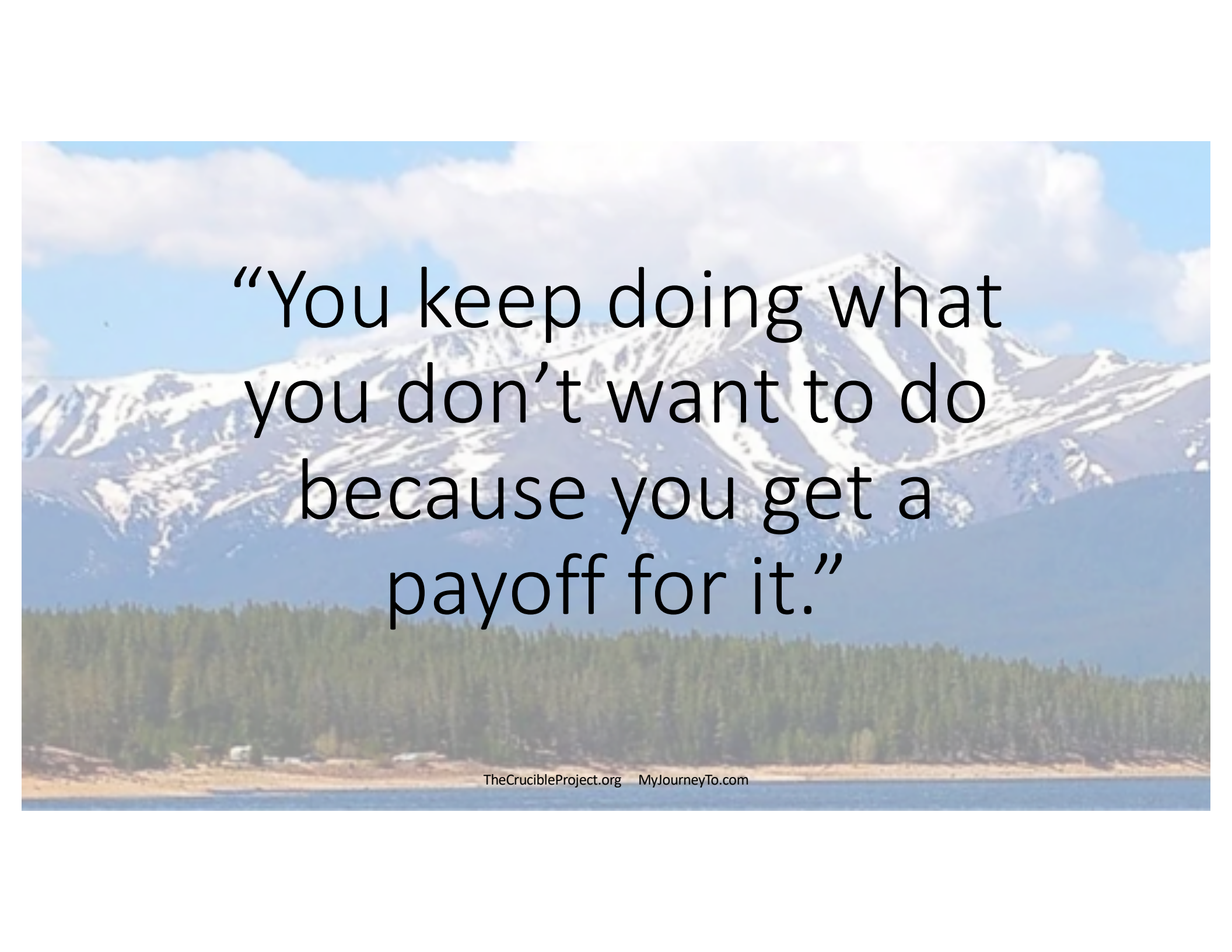
What About To Do Lists? Prioritizing Your Productivity

1. Chunk schedule Major Projects for month.
2. Schedule Quick Wins this week.
3. Do Fill Ins while waiting or between appts.
4. Renegotiate, delegate or reprioritize Thankless Tasks.

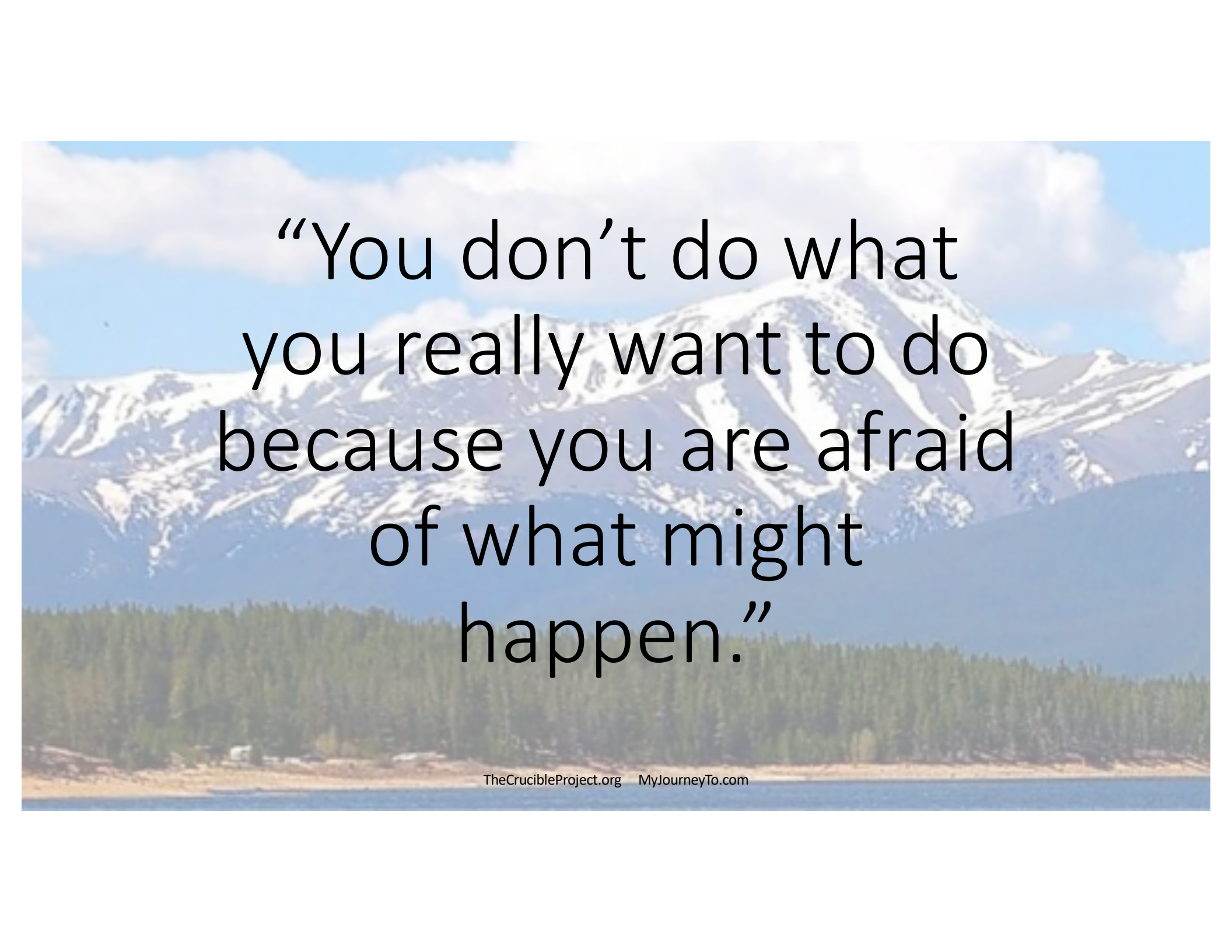


Face Your Risks

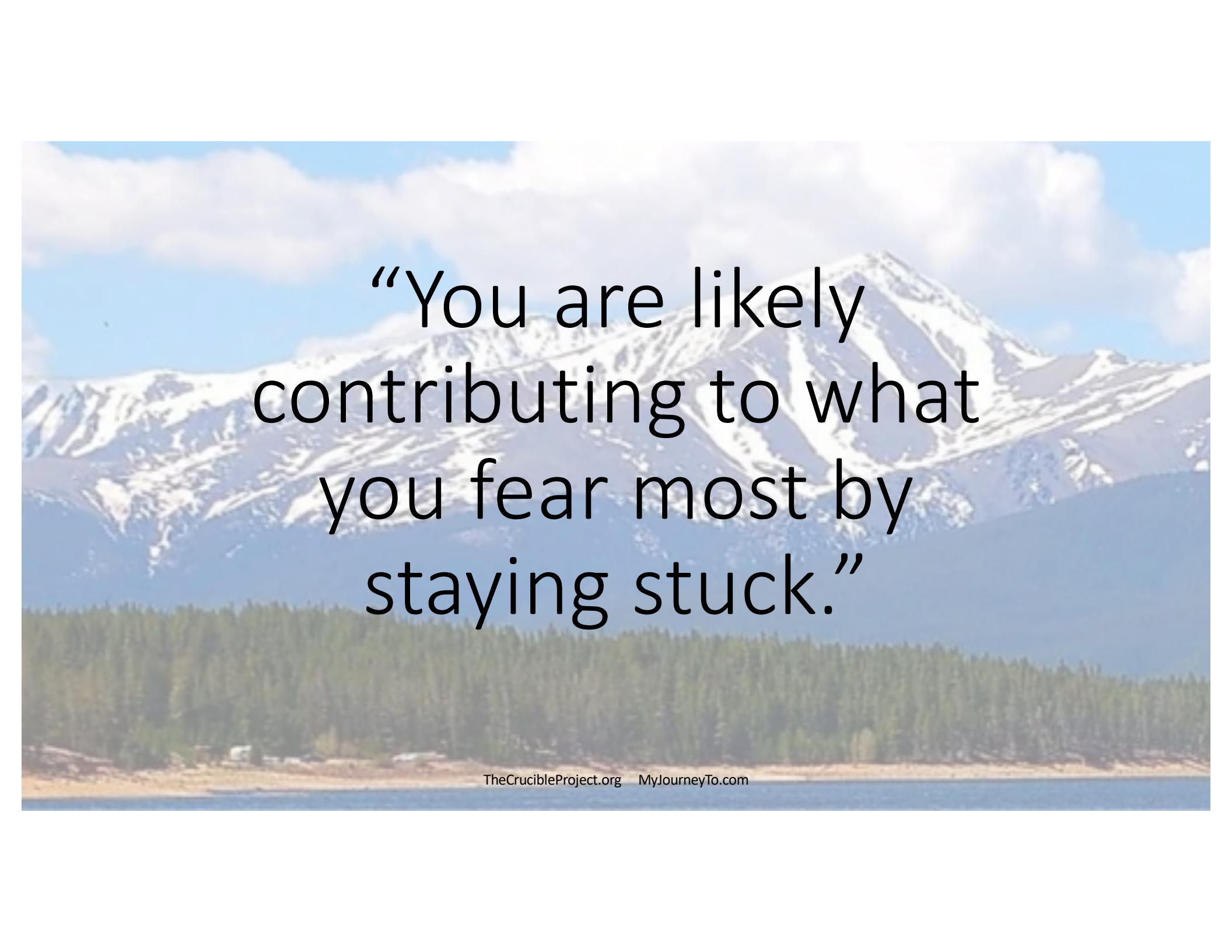
3rd Tool for Getting Unstuck

A scenic landscape featuring snow-capped mountains in the background, a dense forest of evergreen trees in the middle ground, and a body of water in the foreground. The sky is blue with scattered white clouds. The text is overlaid on the mountain range.

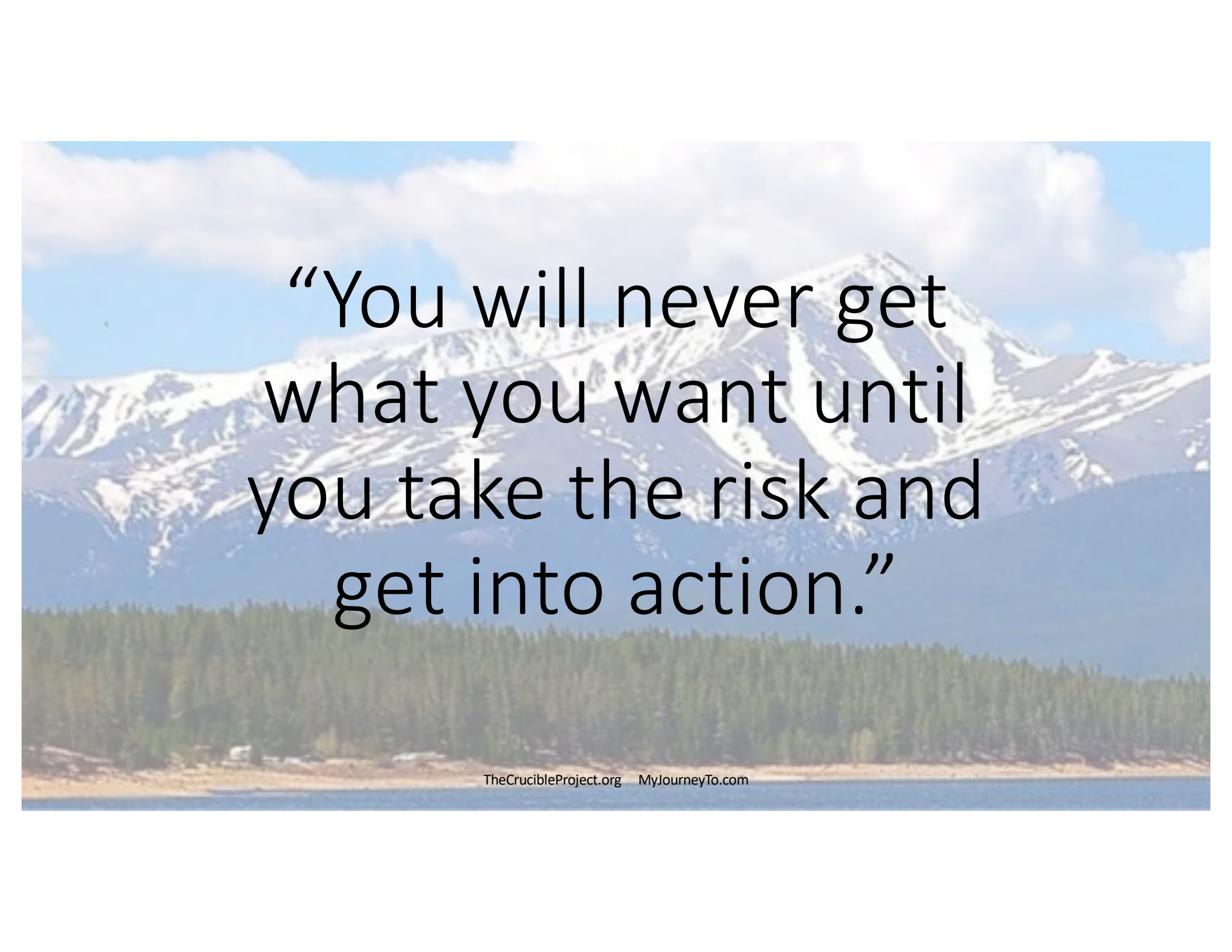
“You keep doing what
you don’t want to do
because you get a
payoff for it.”




“You don’t do what
you really want to do
because you are afraid
of what might
happen.”



“You are likely contributing to what you fear most by staying stuck.”



“You will never get
what you want until
you take the risk and
get into action.”



“Action eats fear for
breakfast.”
– Jon Acuff



Who Wants to Get Unstuck with a Workplace Issue?

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Who Wants to
Get Unstuck with a
Personal Issue?

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What Commitment Do You Make?

To get unstuck,
I commit to ... (measurable action)
by ... (date or time period).
I will ask for support/accountability from ... (specific person)
beginning ... (when).

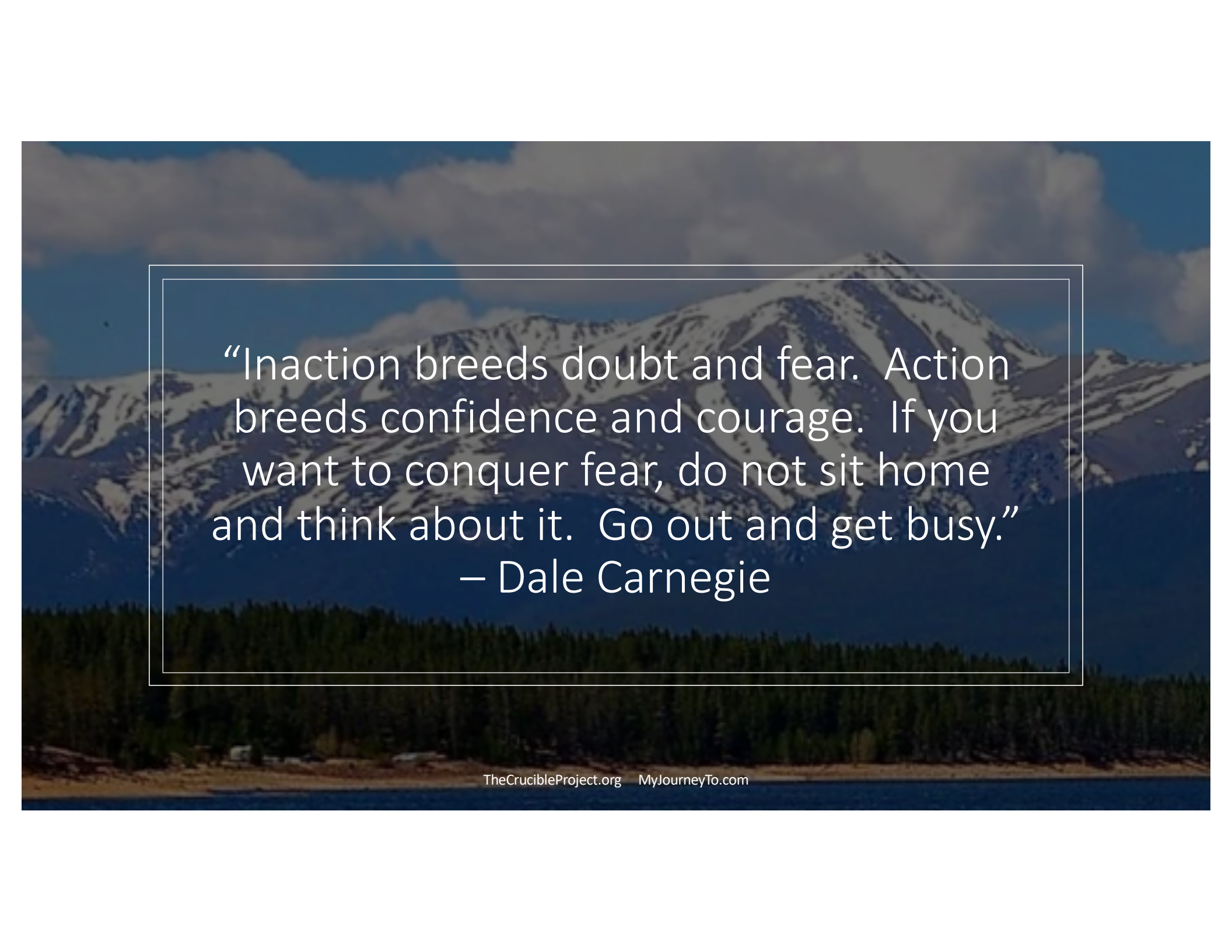


Three Tools for Getting Unstuck

- Sit with Jesus about it
- Prioritize Productivity
- Face Your Risks

You Are Leaving Here With...

- An understanding of where you are stuck.
- Reasons why you stay stuck.
- Three tools for getting unstuck.
- A personal commitment to take action to get unstuck.



“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.”
– Dale Carnegie

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Getting Unstuck Common Stuck Places

Teamwork	Conflict between team members	Inefficiencies in activities
High turnover	Confusion about decision making	Lack of problem solving
Poor performance	Ineffective meetings	Low morale
Financial shortage	Low or no budget	Costs of various resources
Bills not paid timely	Problems in financial audits	Numerous requests for funds
Budget not clear	Little/no customer feedback	Decrease in customers
Benefits confusion	Lack of resources	Role confusion
Poor communication	Poor results from services	Conflict among coworkers
Integrity issues	Request for higher pay	New job opportunity
Low attendance	Low participation	No, or poor, decision making
Rubber-stamping	Micromanagement	Priority differences
Poor planning	No growth opportunities	Promises unkept
Dashed expectations	Off-mission activities	Bureaucratic policies
Change all the time	Start but never finish	“Going through motions”
No creativity	Not using my gifts	Relationship challenges
New business	Sexual purity	Relationship with God
Parenting issues	Extended family issues	No or shallow friendships
No quiet time	Unhealthy lifestyle	Unheard / no voice
Insecurity	Depression	Anxiety
Food issues	Priorities outside of work	Avoidance



Getting Unstuck Self-facilitation Tool

- 1) What do you want?
- 2) When you think about going for that want, what do you think about doing?
- 3) What would you get out of doing that?
- 4) What do you do instead of going for it?
- 5) What do you get out of doing that?
- 6) What does it feel like to be stuck between what you want and what you do instead?
- 7) What is it costing you to stay stuck?
- 8) What is at risk for you to let go of what you want and go “full blast” into the thing you are doing instead? What would it cost you?
- 9) What is at risk for you to let go of what you do instead and go “full blast” into the thing you truly want? What bad thing might happen?
- 10) Will you ever get what you want if you stay stuck?
- 11) As you stay stuck, are you accidentally creating the very risk that you fear?
- 12) Is it worth the risk to go for what you want so that you get unstuck and possibly get what you want?
- 13) *If you are still stuck:* What advice would you give to someone who came to you with this dilemma in their life? How would you advise this person?
- 14) What are you now committed to doing going forward? What is the next step toward you getting what you want?