

YOUR TOTALLY DOABLE 5-STEP PLAN TO TAKE YOU FROM STUCK TO UNSTUCK

Learn the exact plan we use with our clients (and ourselves!) when we feel overwhelmed and unable to make progress.



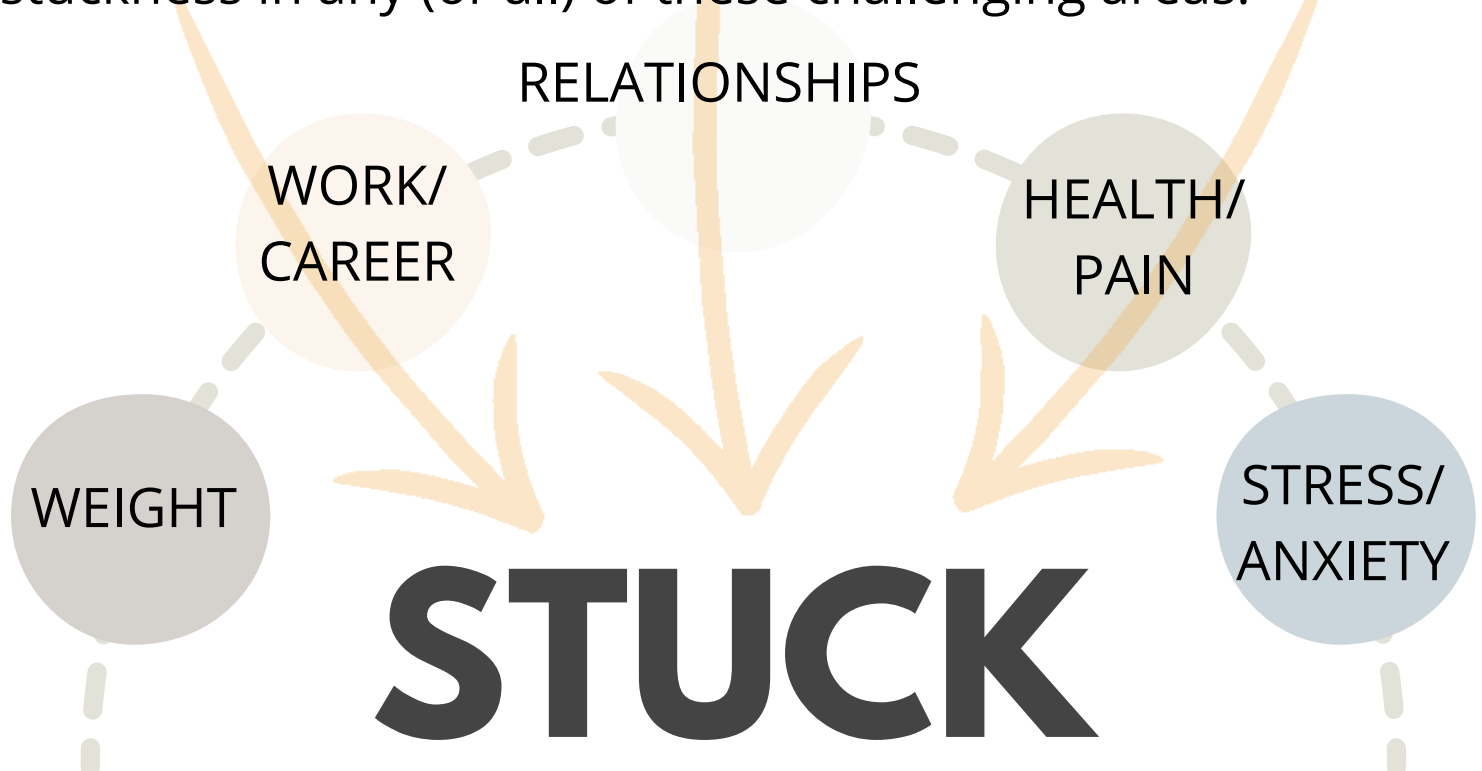
Welcome!

You're in good hands.



As clinical health psychologists and certified coaches, we've worked with *hundreds* of clients who felt stuck. Hating where they are in life, but overwhelmed and unable to envision a way out. People, maybe just like you, who feel hopeless and alone. We've personally been in this frustrating position, too! UGH!

Feeling stuck occasionally is a normal part of life, but prolonged stuckness can lead to stress, anxiety, depression, weight gain, and physical health problems. And who wants that?? We are sharing our straight-forward, totally doable 5-step plan to help you free yourself from stuckness in any (or all) of these challenging areas:



5 TOTALLY DOABLE STEPS OUT OF STUCKNESS

1

Focus on the **present**, not the **past**

2

Get clear on **where** you want to go & **why** you want to go there

3

Check & change your thoughts

4

Take one small, *small* action to **DSD**

5

Notice and **celebrate** your progress

Repeat!

Let's get unstuck!



1

Focus on the present, not the past

Your brain finds the information you seek. When you look for all the reasons you are stuck and all the reasons why you can't or haven't moved forward in the past, your brain will find them. You can learn from past experiences, but focusing on the negatives, disappointments, and problems from the past doesn't serve you. Instead, shift your energy to the present. When you find your thoughts rehearsing the past, practice telling it, "That was then. This is now. I learned from the past, and I can choose differently now."

YOUR TURN: Create a phrase, or use ours from above, that helps you focus on being in the present.

2

Get clear on WHERE you want to go and WHY you want to get there

When going to a new place, you don't just drive around aimlessly, do you? No! You enter your destination into your GPS. And you probably have a purpose in mind about why you want to go to this new place. A reason for your trip. Maybe you are trying a new restaurant, visiting a friend who just moved, or exploring a new city. Knowing WHERE you want to go and WHY you want to go there are keys to getting unstuck. The answers are specific to you. It doesn't matter what anyone else thinks.

YOUR TURN: Write down the first things that come to mind when you ask yourself the following questions:

WHERE do I want to go?

WHY do I want to go there?



3 Check and Change your thoughts

Whether you know it or not, your current state reflects your habits of thinking and behavior. Notice that the word habits applies to your thoughts, not just your behaviors. Most of what you think takes place at the subconscious level and your since your thoughts lead to your behaviors, your habits of behavior actually reflect your habits of thought. These thought habits are keeping you stuck, and you need to change them! To break your thought habits, pause and notice what thoughts are happening below the surface. The next time you find yourself feeling stuck, try this Thought Reset:

YOUR TURN:

Ask: What is the thought(s) habit generating this feeling of stuckness? (e.g., "*I can't lose weight and keep it off. I'm a failure and should give up.*")

THEN ASK: *Is this thought true?*

Is this thought helpful?

Would I recommend this thought to a friend?

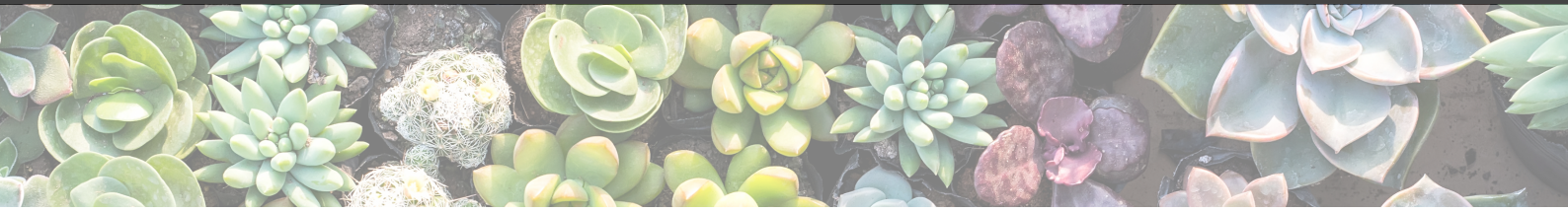
If you answered "No" to any of those questions, then change that thought to a more helpful one (and put it on repeat!) to help you head towards the destination you created in Step 2 (e.g., "*I haven't lost weight because diets are not sustainable. Diets fail people. I didn't fail. I could try a non-diet approach.*")

4 Take one small, *small* action to DSD

After you've changed your thought, it's time to use behavioral activation or **DSD** (doing something different). What do you think of when we say "one small action?" Chances are, it is bigger than it seems. If you thought something like: "I need to eat whole foods," then keep reading.

Sure, eating whole foods might seem like **DSD**, but in reality, *eating whole foods* is DLTD (doing *lots of things* differently) which is not our goal! Trust us, even if you think you don't need to simplify, the smaller the better. Small actions build self-integrity because they are more likely to be accomplished. More kept promises to yourself rebuilds trust in yourself.

YOUR TURN: What is one **SMALL** action within your larger goal? (e.g., "*I'll buy broccoli when I go to the store today.*")



5 Notice and celebrate progress (yes, even the little things count!)

Paying attention to the way you think and taking one small action means that you aren't in the same place. You're unstuck!

Your identity influences how you behave. When you have the identity of "a stuck person" you will behave in ways consistent with someone who is stuck (e.g., not taking care of yourself, isolating, etc.). So, taking the time to notice and celebrate your progress helps your brain practice embracing the identity of a person who is not stuck. It creates a positive upward spiral, helping you continue to act in ways consistent with being unstuck. Celebrating your progress solidifies the rewiring of your brain as someone who is not stuck.

YOUR TURN: What have you decided to do differently (i.e., change in thought or behavior)? Remember, even the smallest thing counts because doing something (anything!) differently, means *you are finally unstuck!*

Now Repeat!

After completing these five steps, you are in a different place which means **you are no longer stuck!** But don't stop there. Repeating these steps continues to move you forward, even if it is just a little bit at a time. Because little by little, a little becomes a lot!

Once you feel unstuck in one area, consider applying these same steps to other areas of life. **Check out our Q&A sessions and courses for additional help moving forward and living a fulfilling, unstuck life!**