



How to Get Unstuck

We all have times when we get into a funk – something in our life isn't where we want it to be – our job, our marriage, or community involvement. When the funk is about your job, we sometimes call it the Sunday Night Blues.

So, how do you get out of the funk? The goal is to become unstuck.

Step 1: Recognize that you are feeling stuck

Getting stuck usually happens little by little, and you don't even always recognize that you are feeling stuck.

Step 2: Focus on the objective of getting unstuck

Tell yourself that getting unstuck is possible. Say it out loud. It helps with your mindset.

Step 3: Figure out what is causing you to be stuck

You may need to dig deep. The reason may not be obvious at first.

Step 4: Take Action

Use your unconscious mind to help you solve the problem.

How can I solve this problem?

How have I seen other people solve this problem?

What would success look like for me?

Don't wait until you know the answer to start moving in the right direction.