

# NEWSLETTER

YOUR LIFE - SET FREE



## I'm Stuck! Now What?

When you are stuck, frustrated with not moving forward, unsure of how to proceed, there is always a reason. The problem is that the reason is invisible to you. So you continue trudging along on the treadmill of trying, trying and more trying - without making any real progress. It's exhausting, demotivating, and kills your self-confidence. You are stuck! So now what?

The biggest reason people get stuck is fear. The question is - fear of what? When the fear is clearly identified, it can be directly addressed. And in my experience, when the fear is addressed and resolved, the barrier to progress, the "stuck-ness" is resolved as well.

For example, one of my clients wanted to launch a new business. She had everything she needed, but couldn't seem to get things going. She was stuck. We sat down to talk about all her efforts, what she had tried, what wasn't working, her frustrations, etc. Then I asked her to think about how her life would be different if her business was a success. She then shared all the positives that success would bring (always a good focus for the future).

Next I asked her what negatives she envisioned, what might be lost if her business was a success. And it was here we found the fear - that she would become so focused on her business she wouldn't have time for family and friends, that she would lose out on having those very important loving and supportive relationships in her life.

Unconsciously she was sabotaging her business start-up efforts because she was afraid of losing love. It may sound strange, but it is a lot more common than you might think. Once we addressed that fear and found ways she could make time for her loved ones while still having time to run a profitable business, her business took off! She was no longer stuck!

So if you find yourself stuck and on that treadmill of trying without any real success, ask yourself what am I really afraid of? Identify, address and resolve that fear and you will be well on your way to achieving your hopes and dreams.