

# I'M STUCK. HELP!

Read below about what it feels like when we're stuck, its impact and consequences, and how to fix it.

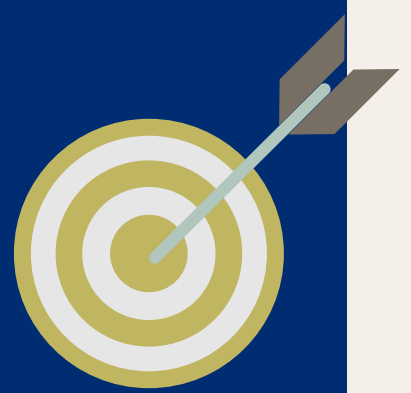
## WHAT IT FEELS LIKE

- Sensing "blockage"
- Feeling inauthentic. Not living our true self or realizing our true potential
- Lacking choice. Having a scarcity mindset.
- Wanting more but not knowing what "it" is



## IMPACT

- Feelings of frustration, disappointment, even hopelessness
- Repeat the same patterns but expect a different result



## CONSEQUENCE

- Limited growth
- Disconnection between inner (private) self and outer (public) self can feel like inauthenticity



## HOW TO FIX IT

- Try a new perspective
  - Mind: Ask yourself, What would X [friend, mom, celebrity] do?
  - Body: Exercise to move from problem to solution
  - Heart: Express your emotions to get them out of your system
  - Spirit: Spend time in prayer and meditation



## NEXT STEPS

- Look inward not outward. Trust that the answers lie within you.
- Identify your core values – they will help you see your authentic self
- Reconnect to your purpose in life which will propel you to action

LAURA  
BARKER  
COACHING