

Get Unstuck

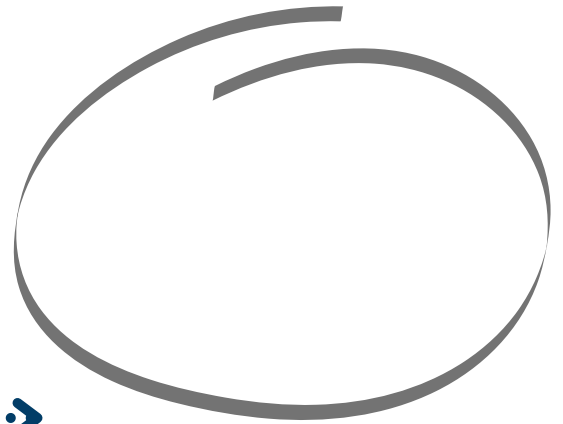
**Take Action Even When
You Think You Can't**



**A WORKSHOP WITH
"DESIGN YOUR LIFE ON PURPOSE" LIFE COACH
CHERI HONEYCUTT**

Purposeful Connection

Brain Dump
where you're not
taking action but
wish you were



TODAY'S FOCUS



The "Get Unstuck" Worksheet

What do I want?

Why do I want this?

What's happening right now?

Why is this not okay with me?

A simple step I could do to move is . . .

Ideas to build momentum and permanently shift . . .

I commit to . . .

I will ask for help . . .

I will celebrate my success by . . .

#1 WHAT DO I WANT?



This is a pretty straight-forward question but one, if not answered clearly, will keep you spinning your wheels. Make the effort to state clearly what you want. The more specific you are the more quickly you can become unstuck! Examples: I want to . . . find a side-hustle to bring in an extra 20K a year, to publish a series of essays, to lose 30 pounds, to enjoy physical movement every day, to save 5K for a trip to Europe, to run a marathon, or to develop a meditation practice. Be as clear and as specific as possible. Declare what you want!

#2 WHY DO I WANT THIS?

This question connects your mind to your heart and what is really at stake for you. Your "Big Why" is the fuel that propels you forward. Spend a bit of time on this question because often your first answer/s spring from external reasons that may not be fully anchored in your heart. Example: On the surface, losing weight may be tied to lowering your cholesterol or fitting into your clothes (all fine reasons). However, when you dig deeper you find the reason for taking control of your health is to have the stamina and energy to enjoy the many adventures you have on your bucket list. Your "Big Why" is what catapults you out of the velvet rut.



#3 WHAT'S HAPPENING NOW?

To get where you want to go begins by knowing where you are right now! In this case, you need to describe (and accept) what's happening in the area where you feel stuck. When you do this, two things happen. 1) you take responsibility for what is happening, which means that 2) you can now step into your own power to chart a new course and change. Another beautiful thing happens when you look at where you are now. The path to new and different results will reveal itself to you more quickly and easily. Then you're off to the races!



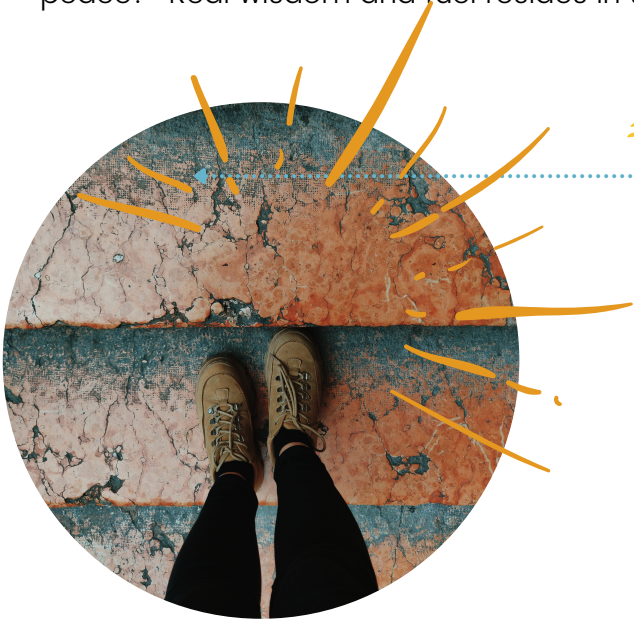
#4 WHY IS THIS NOT OKAY WITH ME?

Obviously, you want things to be different. With the previous questions, you've gotten clear on what you want, why you want it and what's happening right now (ie. the behavior you want to change.) Take a minute now and ask yourself why staying stuck is not okay with you. Allow your inner voice to be heard. Get in touch with the part of you who's aching for things to change. Ask that part of you to articulate why staying stuck is simply not okay. You might "be told" things like, "I'm sick and tired of feeling sick and tired." or "I'm really over riding this emotional roller-coaster about my finances. I want some peace!" Real wisdom and fuel resides in this question.



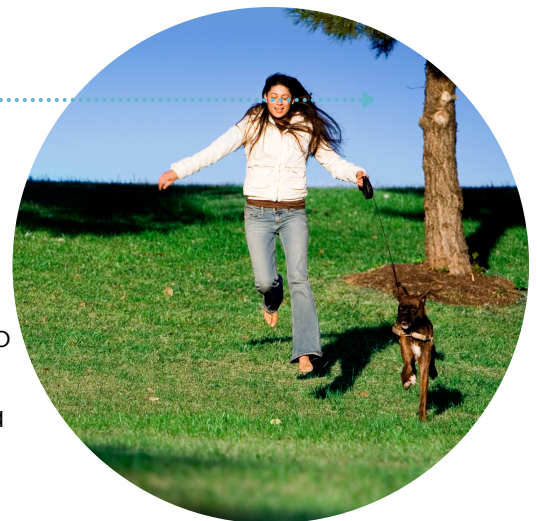
#5 A SIMPLE STEP I COULD TAKE IS...

Ok, time to take action. One simple step. A one-action step which can be done immediately. This is where you find one step you could take to step out of the rut. Caution here, don't confuse a task with a project! For example a simple step is not "build a website". That's a project. A task may be to "research if the domain I want is available." Get the difference? So, what's one simple step you can do? Examples: To develop a mediation practice might mean choosing where in your home you'll sit while meditating. To increase your physical movement might be to go buy new shoes. To write an essay may mean to set the timer and write, uninterrupted, for 10 minutes.



#6 Some ideas to build momentum and to permanently shift are . . .

After you know your first step, take a moment and brainstorm a list of things you COULD do once you've gotten started. Notice I said COULD. This question's purpose is simply to get you thinking and generating ideas and raising your enthusiasm to change. Examples: to go further with meditation you could 1) install an app on your phone with recorded meditations, 2) call a friend who also wants to go deeper with the practice, 3) sign up for a meditation class. To increase your movement you could 1) find a hiking group in your area, 2) hire a trainer, 3) find some workouts on YouTube or again, 4) find a buddy to do this with you. Remember, you're simply brainstorming here.



#7 I commit to . . .

Now it's time to commit to beginning. It's time to take the first step. Choose the next thing you're going to do and make it concrete and doable in one simple step. Go further and either 1) DO IT NOW or 2) find a time in your calendar and write it in PEN! Treat this commitment to yourself the same as you would if you had given your word to a friend or colleague. Then, once you have completed this task, return to your brainstormed list and choose another. You get where you want to go one step at a time. It's not any sexier than that! There's no by-passing the action step and each action begins with a commitment to yourself.



#8 I will ask for help

Now let's get real here. Chances are you're gotten stuck in this area of your life before now. The secret sauce in deepening the roots of your new behavior is recognizing when you begin to slip back into your old ways or avoid taking action. You may long for the comfort of that velvet rut because, let's face it, change is uncomfortable at first. This is when the help of others can be incredibly beneficial. Ask yourself . . . "Who in my life can I ask to help me get and stay unstuck?" "Who can I trust to point out when I'm starting to slip back into paralysis?", "Who can support me as I strive to create my life on purpose?" It may feel awkward to ask but I bet if someone pops into your mind as you answer these questions, they're someone who will be happy to support you. Trust your gut and then ask!



#9 I will celebrate my success . . .

Don't skip this final step. When we're stuck we often feel ashamed or frustrated and likely have spent considerable time beating ourselves up. As a result, when we finally get unstuck, we may feel a combination of relief AND judgement. We may say something like, "Sheesh! What took me so long?" We miss the opportunity to celebrate ourselves. Let me remind you that change is hard! We humans get stuck for a myriad of reasons and all of them are valid (even when we "know" better). Getting unstuck is a real victory NO MATTER WHAT! If you've tapped into your own power and found a way to shift your thinking or your behavior, then that's worthy of celebration. So, how can you celebrate? Fresh flowers on your desk? A new pair of boots? A spa treatment or a day-long hike with friends? A nice meal with friends? Make an effort to celebrate.



Hey There!

Are you ready to transform?

Are you ready to climb out of your Velvet Rut and say **YES!** to your desires?

If you are, then shoot me a message and let's schedule a consultation call.

Here's what I can promise you in this call:

- Clarity! Yes, I can promise clarity because getting clear comes from answering purposeful questions and I'm going to ask you a lot of them!
- Happiness! Yes, I can guarantee that you will be happier! How can I do this? Because happiness comes from taking action in support of the life you want. Showing up to a coaching consultation like the one I do IS in service to your highest goal! As a result . . . **you'll be happier.**
- I will show up 100% in support of a transformation for you whether we work together or not. In other words, I'm going to coach my ass off for you.
- You'll be WAY clearer on what you truly want
- You'll experience what it feels like to work with a coach who can hold your vision!
- Lastly, there will **be no pressure** to hire me. Now I might push you to advocate for what you want (for example, if I sense you want coaching but finding ways to stay in your velvet rut) but that is in service to you. I'll be **thrilled** if you leave our call knowing coaching is what you want, even if I'm not the right fit for you.

Coaching is **THE THING** that has helped me overcome my own limiting beliefs, helped me intentionally shape my life, break through mental and emotional blocks and create way **more happy** and a whole lot less crappy!

Coaching continues to be **THE** thing that makes the biggest difference in my life!

Email me or call me to schedule a consultation. You **literally** have nothing to lose and a **whole lot** to gain!

XO

Cheri



[Click here to get on my](#)
calendar
or call/email me!

