

# Get Unstuck Now!!!

Congratulations! You have declared that YOU ARE STUCK and are choosing to BE with it.

Our own personal experience is that working through this exercise supports us in getting clear and present to our lives. We experience ourselves as more centered, refreshed and ready to take new actions.

We honor everyone who is on a journey to live a heartfelt life.

May these tools support you! Mary & Cathy

*This is a coaching tool and is intended for well-functioning adults who want to gather information, make new choices and take action in the service of their goals for life and work.*

## What's going on here? What's got me stopped?

List everything that is 'going wrong.' [Example: My bills aren't paid, I overslept, my house/office is a mess, I have a zillion voice/email messages, there isn't enough time, I'm eating everything in sight... You get the idea.]

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## Okay, what is REALLY going on? What is the underlying cause?

Look at what you might be disconnected from: self, other people, love, your own Greatness, gratitude, the presence of God/Spirit, etc....those connections that bring vitality to our lives.

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# What am I feeling?

Inventory your feelings. Get clear about what you are and are not feeling. Got any fear, sadness, love, joy, anger, worry, frustration, etc....? Look twice!!!

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## What is the FUN I am NOT having?

Think in terms of experiences, emotions, accomplishments, growth, discoveries, relationships, satisfaction, celebrations, silliness, giggles, you know...FUN!

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## What other fun am I not having?????

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## What are my Heartfelt Commitments?

What matters most in your life? Go for the cream, list no more than 3.

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Take a look at what you just wrote and go one level deeper. What do those commitments really mean I am committed to? Go ahead and look again. See if it gets more clear.

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**Take 5 minutes and just BE with your commitments.**

## **Back to action....what's next?**

What is the BREAKTHROUGH for me to generate that will ALLOW me to get back in touch with my commitments? (HINT: Check out your responses on page 3 – what connections are there to make?)

What do I see from here? What actions can I take to create my Breakthrough?

## **Looking for more tools like this one to support you in getting into empowered action??**

To see the full range of our offerings including other products, tele-classes, consulting, group and individual coaching, visit Mary and Cathy's website:

[www.BurgRivers.com](http://www.BurgRivers.com)

## **We value all feedback.**

To send us feedback or comments about your experience with this product, you can email us at [greatlife@burgrivers.com](mailto:greatlife@burgrivers.com).