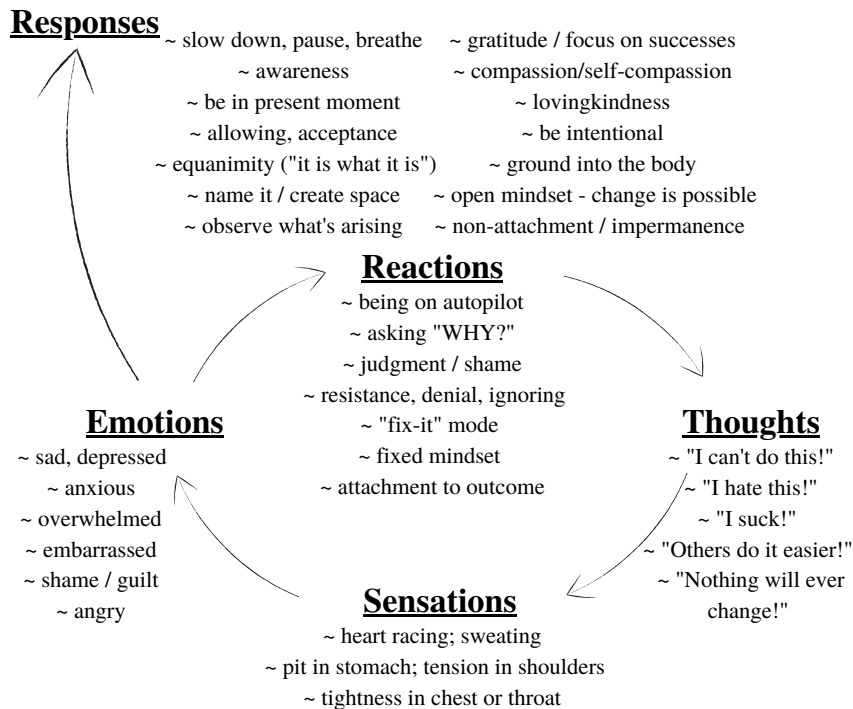


Get Unstuck Challenge - Day 2

Day 2: What Does Being Stuck Look Like?

- How does being stuck affect you day-to-day?
 - Your relationships? Partnerships? Parenting? Relationship to self? Health/wellness? Mindset – these are the 5 main areas I see most people getting
- Does being stuck affect your attention, energy, focus, decision making, presence, reactivity, sleep, effective communication, resilience, letting go of what is not serving you, not taking things personally?
- Being stuck creating the lens through which you see the world?
- My favorite question: How is it serving you to stay stuck?
 - You're probably saying it's not, and there is some secondary benefit you are gaining by staying stuck...it's known, it's familiar, you may not like it, and yet, you know how to do it
 - Staying stuck keeps you connected to others, the unknown is scarier (or at least you perceive it to be), gives you an identity, a story

Cycle of Reactivity



CTA – In the comments for today's FB video, share what you found most valuable from today

Journal Prompt – What is your typical reaction when stuck in the spiral? Where do you think you developed this strategy?