

# Get Unstuck Challenge - Day 1

In the next 5 days you will gain awareness of the area of your life in which you feel most stuck, insight into your patterns when you're stuck, how those patterns are affecting you, and most importantly, gain the tools to get – and stay – unstuck.

## Day 1: Get Unstuck

- You can't change what you're not aware of
- It all starts with awareness...which then comes with responsibility, meaning that you when you know better, it's easier to "do better." Once you are aware of your patterns, your habits, where you are stuck, you have a greater chance of getting "out of the spiral"
- To truly get unstuck, you've got to have awareness with compassion, not judgment – judgment puts you right back into the spiral
- What does your inner judgment sounds like? i.e harsh tone, unkind words, criticism, talking to yourself in a way you wouldn't even do to someone you didn't like
- Tools for increasing your self-compassion...i.e. quieting your inner critic, be kinder to yourself – treat yourself the way you would someone you care about
- Check your mindset: do you believe that growth and change is possible? Is your mindset fixed or open?
- Change does not have to be big for it to be significant, 90% vs 1% shift – set yourself up for success
- The Unalome – getting unstuck is always possible, and it's not a “one and done – it's ongoing work

The spiral represents where you are stuck - it's where you just keep spinning, it's the hamster wheel of life - it's being on autopilot. You often aren't even aware you're "in the spiral;" you think that's just what life it



The line coming out of the spiral represents the path and your tools to get unstuck; it's not a straight line but towards the top, is greater peace.

The point of connection is the Mindful Moment, where you have a choice: do you go back in the spiral (it's habit), or work your way out?

**Call to Action (CTA):** If you haven't already, [click here to take the Get Unstuck Assessment](#) and share in the comments of today's FB video, either the area in which you were stuck, or if that feels too vulnerable to share, simply share if were you surprised at the outcome?

**Journal Prompt:** What prompted you to take this Challenge? How is being stuck affecting you?

*The Unalome*



# The Cycle of Reactivity

## Responses

- ~ slow down, pause, breathe
- ~ awareness
- ~ be in present moment
- ~ allowing, acceptance
- ~ equanimity ("it is what it is")
- ~ name it / create space
- ~ observe what's arising
- ~ gratitude / focus on successes
- ~ compassion/self-compassion
- ~ lovingkindness
- ~ be intentional
- ~ ground into the body
- ~ open mindset - change is possible
- ~ non-attachment / impermanence

## Reactions

- ~ being on autopilot
- ~ asking "WHY?"
- ~ judgment / shame
- ~ resistance, denial, ignoring
- ~ "fix-it" mode
- ~ fixed mindset
- ~ attachment to outcome

## Thoughts

- ~ "I can't do this!"
- ~ "I hate this!"
- ~ "I suck!"
- ~ "Others do it easier!"
- ~ "Nothing will ever change!"

## Sensations

- ~ heart racing; sweating
- ~ pit in stomach; tension in shoulders
- ~ tightness in chest or throat

## Emotions

- ~ sad, depressed
- ~ anxious
- ~ overwhelmed
- ~ embarrassed
- ~ shame / guilt
- ~ angry