

WHAT TO DO WHEN YOU ARE **STUCK!**



Self-Advocates Advisory Committee Leadership Coaching

September 2011



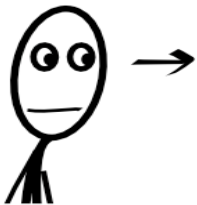
WHAT DOES IT MEAN TO BE **STUCK**?



- *Being stuck* is when you feel like you can't do something even when you want to, or think you could.
- *Being stuck* is when you have ideas about how things could be different - but - for some reason, you just do not take action on them.

AWARENESS

How do you know when you are stuck?



WHAT DOES IT LOOK LIKE?



WHAT DOES IT FEEL LIKE?



WHAT DOES IT SOUND LIKE?

LET'S TALK IT OUT!



As a group, let's talk about what it looks like, feels like and sounds like when someone is "stuck".

EXAMPLE:

When I am stuck, I do not go to events even for things that I like.

EXAMPLE:

When I am stuck, I feel sad and lonely.

EXAMPLE:

When I am stuck, I complain about things more.

AN AREA WHERE YOU FEEL **STUCK**?



Write down some ideas

(1) PROJECTS you have not started or can not seem to finish.

(2) RELATIONSHIPS you feel unsure about or are upset about.

(3) IDEAS about things you want to change, but do not do anything.

(4) CHANGES you want to make, but do not know how to get started.

PICK ONE



Pick one thing you want to work on.

JUST ONE and it does not matter which one.

THIS IS JUST PRACTICE!

A PROJECT

RELATIONSHIP

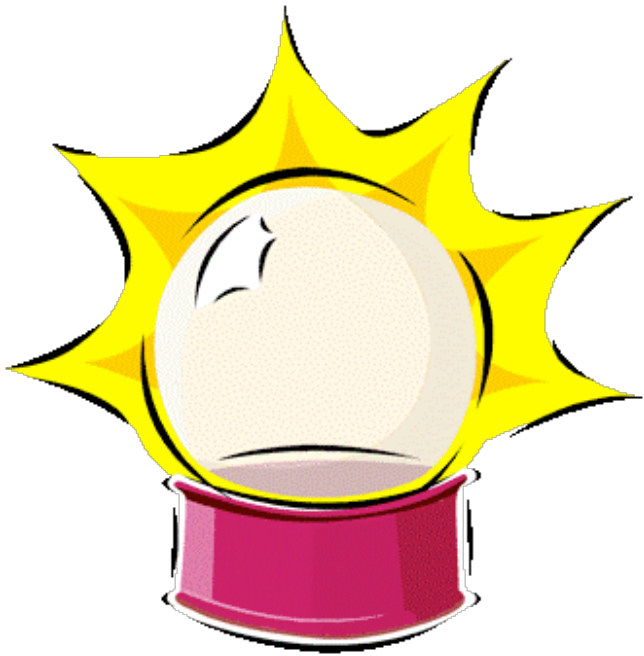
IDEA

CHANGE

WHAT CAN YOU SEE?



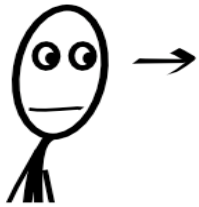
HOW COULD THINGS BE DIFFERENT?



If you had a crystal ball that showed you a future where you were not stuck in that area, what would the future look like?

TALK ABOUT IT!

With a partner, talk about what you see as possible



WHAT WOULD YOU LIKE TO SEE
HAPPEN?



HOW WOULD YOU FEEL IF THINGS
WERE THAT WAY?

ONE STEP AT A TIME!

**WHAT IS ONE STEP YOU CAN TAKE
TOWARD YOUR GOAL?**



WHAT HAPPENS WHEN YOU GET STUCK

AGAIN!

Often it is our FEARS that make us feel stuck.
Write down your fears about the thing you are stuck on.

What are your concerns?

What are you worried about?

What makes you feel bad about what you are stuck on?

AT HOME



GET THEM OUT!

Talk to friends, family or mentors.

When you feel stuck, get the fears out!

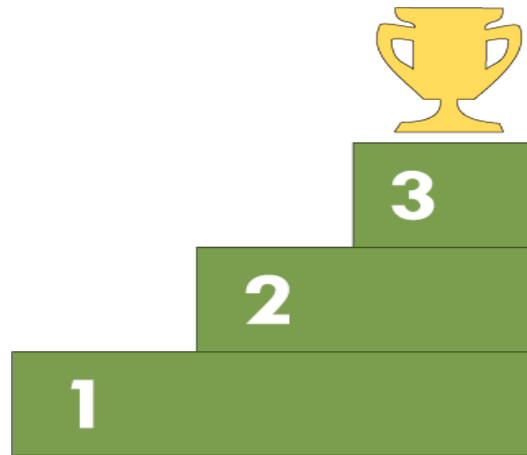
REMEMBER

Talk about your fears or how you overcame your fear to your Leadership Coach.

THEN....



TAKE ONE STEP-LEADERSHIP GOAL!



What is one step you can take today?

#1: _____

Just **1** action a day
will get you toward your goal!