

8 Steps To Get Unstuck

Gain Clarity and Get Momentum Fast!

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I am so glad you decided to check this out! Just because you're stuck doesn't mean you're not an awesome mover and shaker and world changer. It just means you need to bounce back. And you will!

But you won't get motivated by reading, watching, or listening, and probably won't happen with some 60-day challenge, or 4-weeks training series, or other long-term program.

Motivation comes from Step 1 - which you've already done, albeit in a teeny tiny way, by clicking a few extra times to get this workbook and watch the video...

1: Take a Tiny Action

Guess what, you did it! By clicking a few extra clicks to actually download this, to watch the video or download the audio, you DID something. Something more than scrolling or thinking or worrying or beating yourself up.

Congrats!

Tiny action is the first step anytime you want to get unstuck. If you were to ditch this document right now, forget about the video and just go start cleaning your house, or walking, or writing or some other action, and just keep taking more and more action, that would get you unstuck, I'm sure of it.

But "just go do stuff!" is not going to help you in a meaningful way, so let's move on...

2: Figure Out Where You Are MOST Stuck

I can hear you right now saying you're stuck everywhere! Your finances are bleak, your health is tanking, your job sucks, your marriage is not at its best....I get it! We've all been there.

That's because usually the biggest, worst part of our life affects all the other parts. So we end up stuck everywhere.

Today, think about the deep, heaviest parts of your heart. Maybe it's your marriage problems that have you stress eating. Maybe it's a toxic relationship that has you unorganized in all other areas of your life. Maybe the real issue is that you hate your job, and since you spend so much time there, that dissatisfaction has spilled out into your friendships and your health.

What's the real cause of the problem?

I think it's important to know that, in the back of your mind and eventually, dig into the deep issue.

But not today!

Today you need to get unstuck! So, instead...

3: Figure Out Which Area is the EASIEST Place to Get Unstuck

It's much easier to start working on a more manageable hurdle - to start exercising or decide to apply for a new job, or decide to finally clean and organize your home - than to try to get unstuck by tackling something that will take months or years of work.

So, ask yourself, where you could see results the fastest?

The reason this is vital is because **results inspire us.**

When we do what we said we would, when we follow through on promises we make to ourselves, when we cross something off a list or can see the fruits of our labor in plain sight - all of those things pump us up to move on and tackle the next project!

So, think about it, and once you've chosen an area...

4a. Choose One Goal

Don't freak out, don't roll your eyes.

I know goals are so overdone! Just pick one thing you can do in the next day, or few days. I list quite a few examples in the video, but the point is to pick something doable and then...

4b: Make That Goal Bigger

One of the reasons we bail on our goals is because they're uninspiring.

Think about one day from now, or one week from now, what will you feel SO awesome about having completed? A garage sale to get rid of all the piles of junk around the house driving you crazy? Five job interviews lined up? An entire pound or maybe even two pounds lost?

Don't give up on this step and lose out on an amazing week ahead of you. Don't let another day spiral into another week that spirals into a MONTH of feeling uninspired, guilty, tired, and lame. If you want to get recharged, do this step.

Set a goal that gets you pumped!

5: Write Every Single Task for that Goal

Now it's time to write out every single tiny, medium, and large task required. For a garage sale, for example, you'd need to make piles of items, buy price tags, get tables and bins, etc. You may decide to start applying for jobs so you need to find your resume, update it, sign up for CareerBuilder and other sites, update LinkedIn, etc.

At first this seems super overwhelming, but stick with me because I have a hack for you.

Are you ready?

Now take that list and ditch *80% of it*. Yes, you read that correctly. Because the top 20% of tasks on that list will actually produce the most results, and remember results are

important because they inspire us!

Actually applying for jobs is much more valuable than obsessing over your resume layout for an hour. You can take a bunch of household items right now and post them for sale on Facebook or Craigslist. Sitting and writing 1,000 words each day will do a lot more for your book or blog or project than researching, formatting, etc!

Look at your list again and next to each item write "big results" or "small results" and then focus in on those big items!

6: Take Action Again

Obviously after you make a list of things to do it's time to actually do them! I know you might not feel motivated right now, but that's why I have another hack for you.

Starting today, become a Master Swapper.

During your day, there are times you can swap one activity for another, specifically for an activity that will give you momentum. For example, in line at the store or the post office, swap out scrolling through Facebook with scrolling through job postings. If you're working on your health, swap out Coke for water or sandwiches for salads. Swap one 30-minute show for one 30-minute organization session around your home.

Small swaps, every day, really add up!

Also, it helps to set timers and decide to focus for 15 minutes or 30 minutes, or maybe if you get inspired, a whole hour. Part of why we get stuck is that **we underestimate just how much we can get done in a short amount of focused time**. We think things will take hours when they will take minutes, or that things will take weeks when they will only take days.

Turn off all distractions, set a timer to an amount of time that doesn't overwhelm you, and go crazy taking action during that time.

7: Tell Someone About What You've Done

It may surprise you that I have listed "talk about your goal" so late in this list. After all, isn't accountability hugely helpful? Yes, it is!

But if you've been stuck awhile, you may have spent weeks or months or years saying, "I'm going to..." You're probably sick and tired of that phrase. Most of us are tired of hearing that phrase from others, aren't we? Everyone has read one too many posts on the internet of all the things we should be doing, and now we're all going to do this, or going to do that. Many of us never actually DO those things.

This time is different. When you tell your friend about the garage sale, you've already overhauled all your closets and the garage. Here's what the response will probably be:

"WHAT!?! You already cleaned out your garage?! Oh my gosh my garage is a disaster; that would take me *weeks* to do!"

But you know the secret. Short bursts of focused time can work wonders!

When you tell your friends that you're going to get a new job and you already applied and have two interviews lined up, not only will their reaction feel great - you will feel great for having done something, for having kept a promise to yourself. You're getting back to your rockstar self now. You just forgot somewhere along the way that you're worth it.

Take some action and then tell a friend. Ask them to help you see it through to the finish line. They will be pumped for you!

8: Finish, Celebrate, Review, and Choose a New Goal. Start Again at #4. Repeat!

Right now you are probably still not sure what to tackle first, and really, it doesn't matter. Just pick something.

The truth is that **action brings the clarity we're looking for**. It seems counterintuitive, but taking the steps will make the path appear. The cause of this is that the results from taking action inform us. Maybe it's not the clutter that's the problem, it's that you need a

smaller home or a bigger home. Maybe it's not that you hate your job, you just hate the industry you ended up in. Maybe you actually love walking and you hate doing YouTube workout videos. Only trying things will answer those questions. **Thinking will not get you unstuck.**

In a few days or maybe a week, you should have your goal under your belt, or almost. You will feel like a million bucks - or at least like you're starting to get your mojo back. Take a minute to celebrate this win! You are out of the rut!

Now you can review what worked, what you can start on next, etc. Once you start to get some clarity, set some new goals and start again at #4. Before you know it, you will be more productive, more fulfilled, and on your way to working on some of the bigger issues that you need to tackle in your life.

Remember, just because you've been stuck, that doesn't mean you're not an **awesome mover and shaker and world changer. You are.** It just means you need to bounce back. And you will with these steps!

Two Additional Notes

1 - Test Tactics

Once you're out of your rut and you get into the habit of taking action over and over, it's important to give yourself time to test things.

Successful people test tactics and see what works. If something doesn't work, they don't give up on their goal, they just change the tactic. Studies show it takes three weeks or so to form a new habit, but most of us give up on things after a few days.

Learn to give yourself time to actually see results and test what works.

2 - Find Support

Once you get unstuck and start to dream again, you may need support to stay on track. An accountability partner is a good idea, but only if that partner is on the same level as you in their journey or further ahead on their path. Don't pair up with someone who will drag you down! A coach, mentor or mastermind group may be a better idea.

Obviously, I would love to be your coach when the time comes, but it doesn't have to be

me. Just find someone who can help you decide which actions to take, stay focused, get into a habit of action and start to see results!

Don't forget!

There is a video and an audio file for this, plus the phone image cheat sheet you can download to keep you on track:

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Spaces are limited because you work directly with me, in a small group setting. We'll cover the Three Ms - Motivation, Momentum, and Massive Action, while touching on tactics - personal branding, marketing, goal setting, leadership, work-life integration, and productivity, as they pertain to your goals. [Learn More and Sign Up Here](#)

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