



The
Courage
Factory®

6 STEPS TO GET UNSTUCK

FIGURE OUT WHERE YOU'RE STUCK AND
START TAKING ACTION TODAY.



Time to Get Unstuck!

You've accomplished so much in your life already...You've achieved professional success and have worked really hard to get to where you are. You finally got the job / the relationship / the home you always wanted, but somehow feel like something is still missing. You just know there's got to be more to life than this.

You want to change, but don't know where (or how) to start - work, family, relationship. This guide will help you identify where you're stuck and give you 5 proven strategies to help you get unstuck today!

Find a quiet space, and take about 20 minutes to answer the following questions. Then head on over to learn 6 steps to get unstuck today!

1. On a scale of 1-10 how satisfied are you with your current situation?

Explain why.

(1 being not at all satisfied, 10 being extremely satisfied)

2. When people around you get a new job or follow their passion, how does it make you feel?

No judgment here, promise!



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3. If money weren't an issue, how would you spend your days?

It helps if you pretend no one is watching!

4. As far as you know, what is currently standing between you and your goals?

We all have moments in life where we feel stuck, or like we aren't really working towards our own goals anymore. Maybe we spent a lot of time following a path we thought would bring us happiness and it turns out it didn't. Or maybe we already achieved everything we wanted to, and wonder what's next for us.

However you got to feeling stuck, just know that you are also the person who is in control of getting UNSTUCK. You always have a choice. Now is the time to get unstuck and start living a happier, more balanced life.



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Select one of the 6 steps below and try it out. See which one feels the most exciting or that you believe will support you the most. There's need to do them all at once - though feel free to try them each over time.

Step 1

Professional Accomplishments

Write out a list of each major accomplishment you've had in your professional career.

- For each achievement, write the 3 most impactful things that helped you get you there. (e.g. hard work, a promotion, a mentor, a colleague, a great boss, etc).
- Reflect on which of these elements are present in your current situation.
- Which are missing?
- How can you bring some of that magic from the past into the present to support you?

Step 2

Courage

Close your eyes and imagine a time when you were incredibly brave. Remember the details of what was happening then - Where were you? Who else was present? What was happening around you?

- What made you act courageously?
- Why was courage the only choice?
- What happened as a result?
- Now that you've thought this through, think of how you can be more courageous in your current situation - what needs to happen for you to show up with that same bravery.

Step 3

Morning Routine

Start a new morning routine that allows you to show up as your best self each and every day.

- Write down your current morning routine, whatever it may look like (no judgements here!)
- Write out all of the things that you believe would help you to get a better start in the day, (e.g. eating breakfast, journaling, meditation, saying a mantra, stretching, etc)
- Select one of these things, and decide how to integrate it into your morning daily.
- Try it out for 10 days and journal about what changes, if any, you noticed.



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You're almost there!

Step 4 Inspiring Coffee

Think of someone in your life who you admire or look up to and invite them for coffee.

- Share with them why you admire them and ask them how they got where they are in their life.
- Reflect on how you feel when you are around them, and how you feel after your coffee.
- What inspired / motivated / sparked something in you?
- Commit to change **one thing** in your life as a result of this conversation.

Step 5 Possibility Exploration

Get super creative and imagine all of the possible professions you could have if you weren't doing what you currently do. Allow the possibilities to be endless (because they are!)

- Write a list of 25 possible professions you could have (this can be anything from dog walker to CEO of a Fortune 500 company, to professional wind-surfer. Don't limit your creativity here!)
- Once you've completed the list, circle the top 5 which seem both interesting, challenging, and possible.
- Reflect on what is currently standing in your way of switching to that career.

Step 6 Change Your Routine

Think about how you spend each day in your life - do you always walk or drive the same route to work in the morning? Do you always go to the same fitness class? Do you eat the same breakfast, or have a coffee in the same place every day?

- Change up at least one part of your daily routine - take a new route to work, go to the theater instead of watching Netflix, travel to the gym across town for that kickboxing class you've been wanting to try.
- Change at least one thing in your routine every day for 7 days.
- Notice if anything feels different - if it does, what is it? What has shifted for you?
- Write it down so you can remember.



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A top-down view of a desk with a laptop keyboard, a cup of coffee with latte art, and some greenery. The text is overlaid on the image in a large, black, cursive font.

ready to
stop
feeling
stuck!

Now that you know 6 Steps to Get Unstuck you can apply it in your life. If you would like to discover your purpose and you want personal support to start living the life you've been dreaming of, I can help you. Check out Discover Your Purpose and schedule a no-obligation discovery call today.

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The Courage Factory

DISCOVER & LEAD WITH PURPOSE

The Courage Factory works with individuals and organizations to increase the impact of their work in the world. We deliver innovative coaching, leadership development, and culture change programs.

AMANDA PARKER

is a Leadership Coach and Facilitator who empowers people to discover their purpose, reach their full potential, and increase their impact in the world. She helps individuals who feel stuck, frustrated, or unfulfilled in their work to clarify the impact they want to have and transform their professional lives to achieve it.

With almost 15 years of experience in Leadership Development, Coaching, and Project Management, Amanda will get you from feeling uncertain and wondering what it is you're meant to be doing, to being clear on the path ahead and feeling truly fulfilled in your work and life.

