

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



Self-Advocates Advisory Committee Leadership Coaching

September 2011



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

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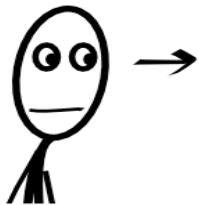


- *Being stuck* is when you feel like you can't do something even when you want to, or think you could.
- *Being stuck* is when you have ideas about how things could be different - but - for some reason, you just do not take action on them.

# AWARENESS

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**How do you know when you are stuck?**



WHAT DOES IT LOOK LIKE?



WHAT DOES IT FEEL LIKE?



WHAT DOES IT SOUND LIKE?

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# LET'S TALK IT OUT!

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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.

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# AN AREA WHERE YOU FEEL **STUCK**?



 Write down some ideas

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

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

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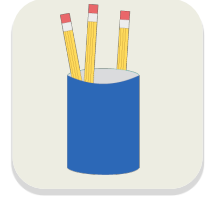
**(3) IDEAS** about things you want to change, but do not do anything.

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

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# 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**

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**RELATIONSHIP**

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**IDEA**

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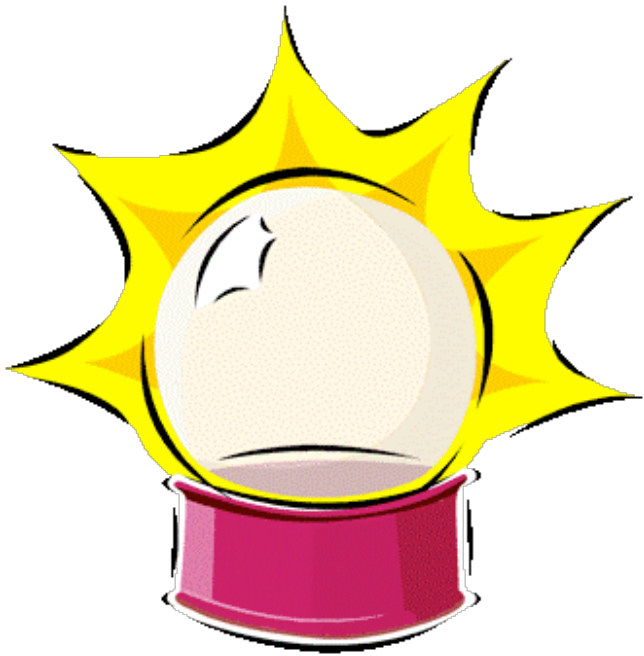
**CHANGE**

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# WHAT CAN YOU SEE?



## HOW COULD THINGS BE DIFFERENT?

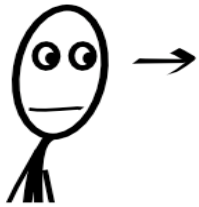


If you had a crystal ball that showed you a future where you were not stuck in that area, what would the future look like?

# TALK ABOUT IT!

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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?

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# ONE STEP AT A TIME!

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**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?

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What are you worried about?

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

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# AT HOME



## GET THEM OUT!

Talk to friends, family or mentors.

When you feel stuck, get the fears out!

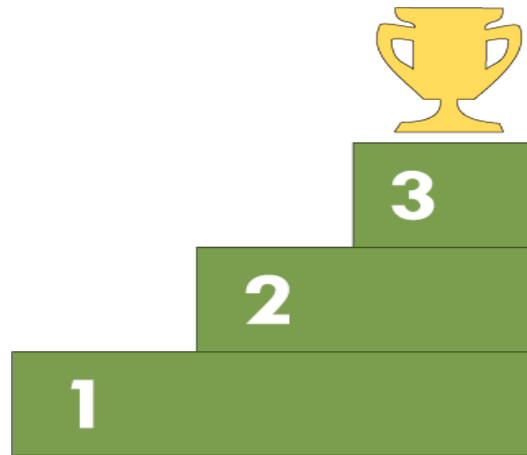
## REMEMBER

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!