



What Does it Take to Get Unstuck?

Breaking Free and Building Toward Lasting Change
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Life has a way of placing us in situations where we feel stuck—whether in our careers, roles as leaders, or even as we look ahead to new phases in life. The good news is that getting unstuck is possible, but it takes a deliberate process. This journey starts with making a commitment and evolves through uncovering your strengths, overcoming resistance, and, finally, finding your reason for being. In this guide, we'll explore each of these phases, offering tips and resources to help you move forward.

The First Step: Commitment

Commitment is the pivotal moment when you decide, “I can’t stay where I am.” It’s often the hardest step because the fear of the unknown can be paralyzing. Let’s explore three situations that might feel familiar:

The Career Quandary: You’ve been in the same job for years. The daily grind has started to take a toll on you—not just mentally, but even physically. The stress weighs on you, and every day you wonder if it’s worth it. But every time you think about

changing careers, that little voice says, “You don’t know enough to do something else.” So, you stay, believing that what you know, even if it’s painful, is better than the fear of the unknown. Limiting beliefs like this keep you stuck, even when your body and mind are screaming for change.

The Leadership Struggle: You’re leading a team, but it feels like every meeting is an uphill battle. Your leadership style doesn’t seem to resonate, and the frustration is building. You’re starting to wonder if it’s you. Are you not cut out for this? The idea of trying a different approach feels overwhelming, and you’re afraid of losing control, so you stick to what you know, even though it’s not working.

The Wishful Transition: You’re at the top of your game. Your career is stable, you’re well-paid, and on paper, everything looks great. But deep down, you’re bored. The challenge is gone, and every day feels like a repeat of the last. You want something different, but the idea of starting over feels terrifying. What if you’re not good enough in this new role? What if you lose what you’ve worked so hard to gain? The thought of being the “newbie” again, of being vulnerable, creates a cycle of self-doubt that keeps you from making the change you crave.

At this stage, commitment requires acknowledging that staying stuck is often more painful than taking the leap into the unknown. It’s about realizing that fear doesn’t have to dictate your choices.

Tip for Commitment: Take a moment to remember a time when you felt frustrated, angry, or defeated because you couldn’t move forward. Maybe it was at work, in a leadership role, or during a project. Sit with that feeling. Now, journal about what was holding you back. Were there fears of not being good enough? Were you afraid of making the wrong decision? Sometimes, simply writing down these fears and acknowledging them can loosen their grip.

Phase 2: Recognizing Your Strengths

Once you’ve committed to change, the next step is recognizing the strengths and talents you already have. This isn’t about reinventing yourself but rather about uncovering the value you already bring to the table. It’s easy to overlook your skills when you’re too close to them, which is why working with a coach can help. They provide an outside perspective, helping you see your strengths clearly and guiding you on how to use them to move forward.

Tip for Recognizing Your Strengths: Start by making a list of three things you're good at—whether they're technical skills, soft skills, or personal traits. Ask a close friend or colleague what strengths they see in you. Often, others recognize talents we take for granted in ourselves.

Book Recommendation: *StrengthsFinder 2.0* by Tom Rath

This book provides a powerful framework for identifying your natural talents and strengths, offering practical steps to leverage them in your life and career. It includes a self-assessment to help clarify your unique abilities, which can be incredibly helpful when you're struggling to see your own value.

Phase 3: Overcoming Resistance and Barriers

The road to change is rarely smooth, and resistance often creeps in when you least expect it. This might show up as self-doubt, procrastination, or external barriers like unsupportive environments. But these obstacles aren't roadblocks; they're signposts that tell you where deeper work is needed. Overcoming resistance is easier with professional guidance. A coach not only helps you spot these barriers but provides tools and strategies to break through them, ensuring you keep moving forward.

Tip for Overcoming Resistance: Pay attention to moments where you hesitate or make excuses. Write down one thing you have been putting off and ask yourself why. What's the real reason behind your resistance? Acknowledging it is the first step to moving through it.

Book Recommendation: *The War of Art* by Steven Pressfield

This book delves deep into the concept of resistance, particularly how it holds us back from achieving our true potential. Pressfield offers practical insights on how to recognize and conquer the barriers that prevent progress—perfect for those facing internal or external resistance.

Phase 4: Finding Your Reason for Being

In this final phase, you start to look beyond the immediate challenges and focus on the bigger picture—your “why.” Discovering your reason for being helps you align

your actions with your deeper purpose. This is where lasting fulfillment comes from. A coach can guide you through this exploration, helping you identify patterns, connect the dots, and create a roadmap for sustainable growth and satisfaction. Working with someone who can ask the right questions and push you to think deeper is crucial for staying unstuck in the long term.

Tip for Finding Your Reason for Being: Reflect on moments in your life when you felt deeply fulfilled or energized. What were you doing? Who were you with? What impact were you making? Jot down these memories and see if there's a common thread connecting them.

Book Recommendation: *The Happiness of Pursuit* by Chris Guillebeau

This book explores the power of pursuing a meaningful quest in life, helping you find purpose and satisfaction by aligning your actions with your deeper goals. It's a great guide for those looking to discover their true reason for being and who need inspiration to move toward a more fulfilling life.

Next Steps – What Can You Do to Get Started?

- Your Next Immediate Step:** Try this—each morning, write down one small thing that you're avoiding. Then, write a single step you could take today to move closer to tackling it. This might be a tiny action, like sending an email or having a short conversation, but it will build momentum.
- Reflect on Your Journey:** Take a moment to journal or meditate on the situations where you feel stuck. What do you notice about the patterns in your life, and how do they connect to the fears and desires you have right now?
- Book a Challenge Strategy Session:** Let's work together in a free one-hour session to map out your next steps. During this session, we'll identify what's deeply holding you back and create a clear plan for moving forward. Use this link to schedule: <https://calendly.com/managers2leaders/strategy>.

You can do this!

Getting unstuck can feel overwhelming, but the truth is, you already have everything you need to start. Every step forward, no matter how small, is progress. You don't

have to navigate this alone—whether it’s committing to change, recognizing your strengths, overcoming resistance, or discovering your reason for being, there is support available to guide you. Let’s take the first step together. You’ve got this, and your journey to lasting change starts now. Ready to begin? Let’s get started!

