

10 FUN WAYS TO BREAK FREE FROM FEELING STUCK



CAYER COACHING



Visualize the Future You Desire – and Trust!

Don't stress about the "how"! Clearly imagine what your future looks, sounds, feels, and even tastes like. Trust that you'll find the way!

What If You Didn't Care What Others Think?

Imagine for a moment that other people's opinions don't affect you at all. What would you do differently?

What If Money Wasn't an Issue?

Picture having all the money you need. What new ideas and paths would open up for you to move forward?

Meet Your Future Self!

Imagine you've traveled into the future and you're living your dream life. What advice does your future self have for you right now?

Enjoy the Silence!

Take a moment to just sit in quiet. Look out the window, let your mind wander, and embrace the boredom. See what new thoughts arise.

Play with Your "Stuck" Metaphor!

How do you describe feeling stuck? (Like wading through mud?) Change those images and words in your mind. What new possibilities do they reveal?

Do Something, Anything!

Inspiration often comes from action. Just pick the next obvious thing to do and go for it!

Talk to Your Inner Critic!

Calmly ask your inner critic for advice. What does it think you should do to move forward?

Procrastinate!

Yes, you read that right. Give yourself permission to procrastinate. Let go for a while and see what new thoughts come up.

Be Brave, Take a Risk, Do Something Wild!

Step out of your comfort zone. Take a risk and do something completely out of character!

