



HELP I'M STUCK

UNSTUCK &
UNSTOPPABLE



YOU MIGHT BE STUCK, BUT WITH GOD, YOU ARE NEVER STRANDED.

Stuck vs. Stranded:

- **Stuck** - To be held back or to be detained by circumstances.
 - **Example:** My car broke down, but my wife is on her way to pick me up.
- **Stranded** - To have **no options or no way around your current circumstance. To be without HOPE.**
 - **Example:** My flight was canceled, and no rental cars are available.

Is there a place in your life where you feel stranded (without hope)? If so, explain why.

(Write in the blank what each scripture is saying to you.)

"We know that God causes everything to work together for the good of those who love Him and are called according to His purpose for them." **Romans 8:28**

"I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns." **Philippians 1:6**



GOD IS READY WHEN YOU ARE READY.

(Write in the blank what this scripture is saying to you.)

"...and when we were ready to sail, they furnished us with the supplies we needed." Acts 27 - 28:10

What will it take for you to be ready to start your journey of becoming unstuck?

IT'S TIME TO MOVE YOUR LIFE FORWARD.

Now that you are ready to become unstuck, here are four steps you can take to move your life forward.

1. MAKE A QUALITY DECISION TO CHANGE ONE AREA OF YOUR LIFE.

You can't change everything, nor do you have to change everything. Instead, figure out the one area in your life that you think needs improvement the most. In other words, what one area that, if you focused on it, would bring the most significant positive impact in your life.

Write down the one area you will commit to change in your life today.

2. TAKE ONE STEP FORWARD.

List out a couple of "next steps" ideas that you can do to move your life forward in this one area. For example: if you are stuck financially because you are drowning in debt. What are a couple of ideas to help you move forward financially?

Maybe it's to look up an excellent finance tracking app, download a budget tracking sheet, or buy a Dave Ramsey book and start reading 1 chapter a day. You get the point.

Write all of the ideas down and then pick one of them and do it. It's a great way to create forward movement.

Once you've completed your first idea, pick another one and then do it. As you start and complete each idea, you will begin to bring momentum and positive change in that area of your life.

(EXTRA: Listen to "episode 3" of the podcast "Unstuck and Unstoppable" and get more ideas to help you move forward and not settle for where you are.)

3. INVITE SOMEONE TO BE A PART OF YOUR JOURNEY.

Invite someone to go on this journey with you to get unstuck. I recommend inviting someone you can confide in and who will help hold you accountable for your decisions. Choose someone who appreciates your trust and will commit to checking in on you. Someone who will encourage you but, at the same time, will not hesitate to call you out if you regress.

Who are you going to invite on this journey? Write down their names and your reason for choosing them.

PREVENT AN IMPENDING BLOWOUT BY FOCUSING ON PREVENTATIVE MAINTENANCE.

Are there areas in your life that are at risk of a blowout? Jimn shares about having his tires blow out on his trailer in “episode 02” of the **Unstuck and Unstoppable Podcast**; his tire exploded because they were dry rotted. The heat and pressure caused them to blow out and leave him stuck on the side of the highway.

Have you ever neglected an area of your life, and suddenly heat and pressure were applied? It doesn't take long once pressure is added to areas we neglect for it to lead to a blowout. This can happen in any area of your life, including in your marriage, finances, family, health, spiritual life or mental well-being. These are areas of our life that we could have a blowout if we do not do regular maintenance.

Write the areas you feel you have neglected and why it may be close to a blowout.

REMEMBER YOUR LEGACY.

As you travel towards your path to getting unstuck, remember that it's not just about you but your legacy. Ask yourself, “if I got unstuck, who would that positively impact?” It could be your employees, your kids, or your wife.

Maybe when you start thinking about your kids, you realize, “I don't want my kids fighting this. I want to overcome it for my kids.” But, often, all the motivation we need is to be reminded that this journey is about more than us.

Who are the people that your decision to get unstuck will impact? List their names and the impact you getting unstuck will have on them and their future.

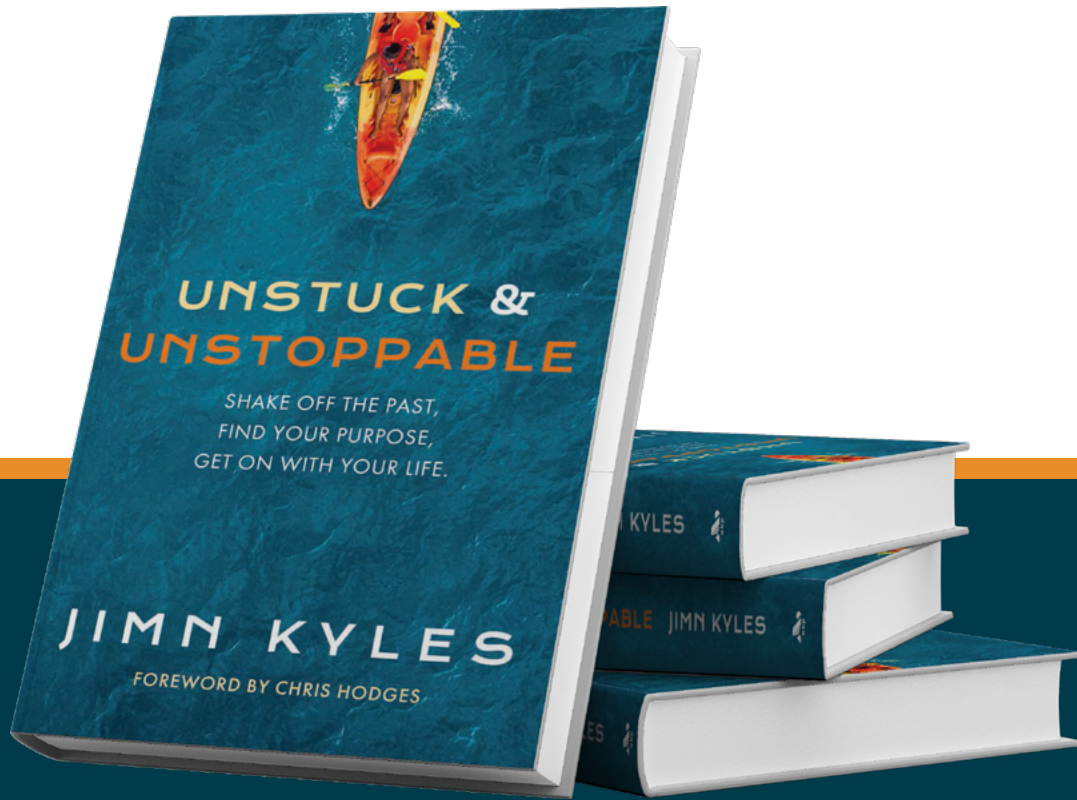
Remember this: all you've got to do is get 1% better. Let that be your goal every day; you are better today than yesterday. Consistency always wins over quantity. Just take one consistent step forward, one step here, one step there. That's always better than a massive quantity of rushing to do it all at one time. We believe in you and are cheering you on in your journey to get Unstuck and become Unstoppable.



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MOVING YOUR LIFE FORWARD





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