

Stuck? No way! Best Ideas for How to Get Unstuck

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Was there ever a time in your life when you wished that something was different from the way it was? Perhaps you wanted things to change at work? Maybe you were in a relationship that brought you down more than it brought you up? It could be that you didn't like something about your body? Did you ever feel as though you were stuck with no way out? You wonder how to get unstuck.

All of us at one time or another had something that we simply were not happy with about ourselves or the circumstances taking place in our lives. We complained. We whined. We cried. We felt distraught. We felt helpless. We felt angry. We felt like victims. We felt unfulfilled. We felt ashamed. We felt many emotions that contradict what life is truly about.

Life is about feeling good. Feeling happy and fulfilled about how we live as individuals as well as how we share our lives with others. It is true that we sometimes have hardships and obstacles that we are to acknowledge and work through. Yet there are times when we as individuals allow negative circumstances in our lives to perpetuate to the point where they are consuming our lives. This is not healthy nor is it meant for our lives to be this way.

There are some people who "tolerate" the life they have. I believe that this is a default way of life, rather than a life that is created based on a person's deep down desires. It's true that many people fear change, others don't know what to do or even how to begin, and sadly others don't even know that something can be done for a better life. Things simply are the way they are. For so many people around the world being comfortable in the routine of being unhappy is simply easier than taking that one first small step in creating something new.

Overcoming fear of change is not always easy yet it is something that you can do. Even when all the signs are pointing to 100% yes for something positive often times we freeze in the spotlight of fear. What drives this fear and how can we overcome it? Some say that just making the change regardless of how you feel is the way to go. Yet I know people who just don't have it in them to do this. So I suggest that you start asking questions, as more information can often bring about more comfort and security in releasing the not so good and reaching for the good. Ask your questions of people who you would like to emulate. Seek out experts, mentors, spiritual leaders, friends, and colleagues. It's best to avoid asking the pessimist for advice, as this may have you feeling even worse off than when you started. Seek out those who have moved forward and accomplished what you are looking to accomplish as well as those who will offer encouragement, support, and ideas as you are making positive changes in your life.

If it is not fear that keeps you in a situation where you don't want to be then perhaps it is simply not having the information on how to get out, or worse yet not thinking you can't make changes. It is always easier to run towards something rather than running away from something. Take a moment to write down and visualize your ideal life. Express to someone who is trusted about your intention to make a change and what you would like to see happen. Then start moving towards what it is that you want. Even one little action a day will eventually lead to your dreams.

Don't get in your own way.

Know that you deserve the best in life, and when it comes...welcome it, embrace it, and enjoy.

Love and Happiness...
Lynette Hanover

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I wish you the very best always.