

Often times we don't recognize that we are stuck, we feel frustrated, overwhelmed, and slow. These are symptoms of being stuck.

Stuck is misery. The dictionary defines misery as a state of being wretchedly unhappy and uncomfortable - Pitiably small or inadequate.

## **So how do we remove ourselves from this place of misery? Here are a few things that will help:**

- Manage your commitments- Being miserable and being overwhelmed go hand in hand.
- Be honest - Where is my time going? Am I giving it all up?
- Value your values by following them. Who you are is determined by what you do, not what you say.
- Have a start date and an end date on your projects. This is why our 7-day Sprint is so easy.
- To get out of misery you have to acknowledge that it is there and give it all you've got to take action to get out of it.
- When you respect your time, it respects you. And you respect yourself and others by being on time.
- Remember, when you are reliable people view you as such.

- Recognize your circumstances but don't let them dictate your behavior. You don't choose all of your circumstances but you can choose your response and attitude to your situation.
- SHOW UP! When you show up even if you're feeling miserable, you defy that misery and it helps you take a step toward feeling better about yourself, less stuck.

The point is fueling our confidence because our confidence destroys the misery. When we dwell on the good stuff, our motivation and confidence will grow.

**Decide, declare, and decree—this is the life you want, free of misery—amen?**