# WHAT TO DO WHEN YOU ARE **STUCK**!

Self-Advocates Advisory Committee Leadership Coaching
Part 2

November 2011

# What is being STUCK?

Let's Review!

- **Being stuck** is when you feel like you can't do something even when you want to, or think you could.

- **Being stuck** is when you have ideas about how things could be different but for some reason, you just do not take action on it.

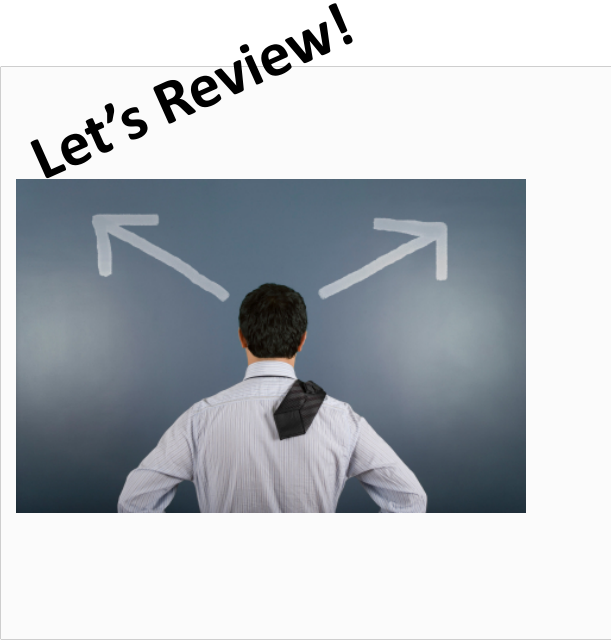
# Awareness

Let's Review!

**How do you know when you are stuck?**

1. What does it look like?
2. What does it feel like?
3. What does it sound like?

# What happens when you get stuck again?




**Often it is our FEARS that make us feel stuck.**

1. Write down your fears about what are you are stuck on.
2. What are you worried about?
3. What thoughts do you have that make you feel bad?

# Hot tip!

- One of the best things to do when you feel stuck is try something else…

**WHAT SHOULD YOU DO?**

- List what you are GOOD at DOING and LIKE to do.
- List at least 3 things.

1. _____
2. _____
3. _____

# Talk about it!

- With a friend, talk about the 3 things you are good at doing and like to do.
- How do you feel when you do those things?
- What do you enjoy about doing those things?

# Confidence helps!

- Sometimes when we are stuck, it is because we do not feel good about ourselves.
- Pay attention to the things you are good at and like to do. DO THEM
- Make the time to go out and do things you are good at and like to do!

# What does not help:

- Watching T.V.
- Playing computer games for hours.
- Eating junk food.
- Complaining about things.
- Being around people who are not nice.

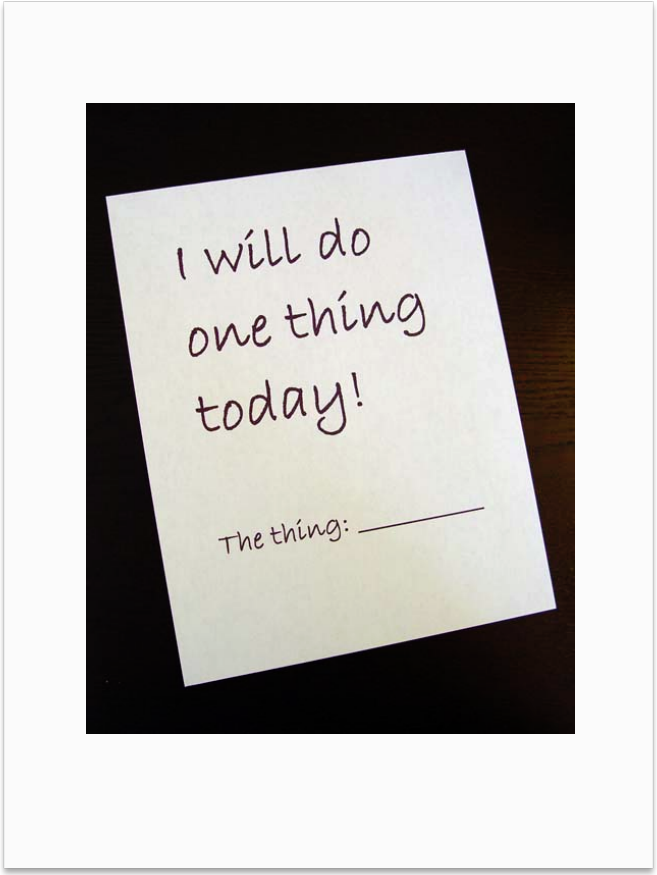
# Remember confidence helps!

the Confidence campaign

Have confidence in you and everything you do!

- Pay attention to the things you are good at and like to do.
- *DO THEM*!
- You may not "feel" like doing something at first.
- You will feel better, more confident.
- Now, take the next step.

# One step at a time!




**What is one step you can take toward your goal?**

- TODAY?

_____

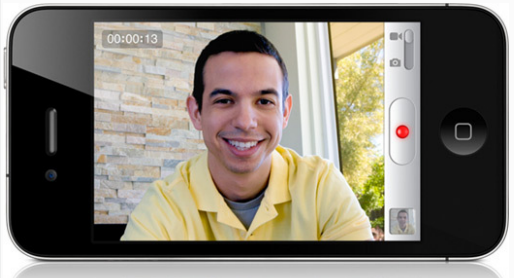
- TOMORROW?

_____

- NEXT WEEK?

_____

# At home



- **KEEP WRITING**! Every time you feel stuck, write your fears, or video yourself, or audio record.
- **GET THEM OUT**! Talk to friends, family or mentors.
- When you feel stuck, get the fears out!

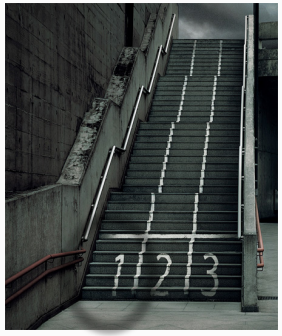
**THEN**

# …Take one step!

What is one step you can take today?

Just one action a day will get you toward your goal!

# One step at a time toward my goal!




Today:

_____

Tomorrow:

_____

Next Week:

_____