

Lynnea Hagen on

Stuckness

140 Insights and Tips
to Get Unstuck,
Get Going, and
Get What You Want

Lynnea Hagen

An Actionable Success Journal

a THiNKaha® book

Lynnea Hagen on Stuckness

140 Insights and Tips to Get Unstuck, Get Going,
and Get What You Want

Book Excerpt

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An Actionable Success Journal

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Foreword

I have been a speaker, trainer, coach, manager, and consultant for over 35 years (I'm shocked, too. Yes, I started when I was seven). I have worked in, for, or in service to family-owned businesses, small businesses, huge corporations, and non-profits of all shapes, sorts, and stripes. Personally, I have a tendency to want to try new things, jump in and learn to swim later, or "do it all," all at once. I have also experienced extreme personal losses and challenges. It's because of all the above that I have, I have become an expert in "stuckness" (my word) in myself, others, and organizations.

"Stuckness" hurts. It can hurt on many levels. It can dig into our self-esteem, relationships, and income. In a business, stuckness can undermine decisions, teamwork, projects, and progress. It can drain the potential to thrive, not only for the organization, but also for its people. That's not okay to me. The intention of this book is to provide relief from the pain by providing simple wisdom, insights, steps, and "kick in the butt" tidbits.

I like simple. But the truth is, we're complex critters in an increasingly complex world. I think Henry David Thoreau had it right when he said, "Simplify, simplify, simplify." Easy to say when you're living and reflecting at Walden Pond in 1854, not so much today. So how do we, as 21st century beings, simplify so that we can more easily breathe and be who and what we need to be? To achieve with clarity what we need to achieve?

As a speaker, I've been asked to simplify getting unstuck by answering this question: What is the ONE thing I'd recommend doing in order to get unstuck? Here's my "bad news, good news" answer: There is no one thing. There are two things. They are simple, but not simplistic. They can be used to positively impact teams as well as entire organizations.

First, be inspired by inspiring yourself. What is it about YOU that inspires you? For me, it's my ability to see possibilities. From there, move to find the great inner core, or what I call your "Golden Purpose" (GP) of why you are on Planet Earth. Then let that work for you from the inside out: to let trivialities slip away, to delegate, to honor yourself and others, to have healthy boundaries and clearer plans and strategies, to shed what (and who) drains you, and to stop wasting your precious time. My Golden Purpose is to create a more loving and sustainable

planet. It's simple, it's big, and it inspires me. It makes me say, "WOW!" As I became clear on my GP, the "hows" emerged naturally, and my own stuckness dissipated. What is the Golden Purpose for you or your organization? (Contact me for more information and support on this vital step – a process I call “the profitability of Purpose,” for it can elevate revenues, profits, and productivity for individuals and entire companies).

Second, fill your mind with gratitude: in the morning, list five things you are grateful for, and list five more before you go to sleep at night. It will quiet your head and soul and open your mind to positive possibilities. We're all grateful for “big things” – family, health, our house. That's easy stuff. I challenge you to go into the little corners and moments of your life and of your day, and be grateful for the person who let you into traffic, or fixed your technology problem, or grew your veggies. If you can sit up and feed yourself or pet your dog, those are pretty incredible things to be grateful for. Do this “gratitude challenge,” and truly, your life will change . . . and you will start to experience less “stuckness.”

By doing these two simple things – defining your Golden Purpose and being fully grateful – you should find it easy to incorporate the insights and tips in this simple little book, and experience a more successful, abundant business AND life.

Bloom big.

Lynnea Hagen, October 2015

Section I

What Is “Stuckness”

The truth is, “stuckness”, i.e., the state of being or feeling stuck or off-track, is part of the human condition. In this state, you may feel unable to move on a project, relationship, decision, or creative endeavor. Your mind may feel closed down; paths may not seem apparent. You may spend much of your time doing “busy work” and avoiding important tasks. You may feel blocked off from yourself. You’ve heard of “writer’s block,” right? That is a form of stuckness. Even great composers go through a seasons of stuckness. Rachmaninoff experienced a huge period of stuckness and believed that his composing days were over. He used the services of a hypnotherapist and was finally able to break out of his stuckness and compose fantastic pieces that are still enjoyed today. So when you are experiencing stuckness, be assured that you are in good company (you just don’t want to stay there!)

1

We're ALL stuck from time to time, AND we all deserve to live fully, to be, have & do fulfilling things with our precious lives.

@LynneaHagen

2

Stuckness feels like one foot is nailed to the floor - you're moving, but only in a circle and not going anywhere. @LynneaHagen

6

Stuckness: You can't get started on a task, or change a situation. Often characterized by procrastination and low focus.

@LynneaHagen

7

Stuckness is when you feel overwhelmed, bogged down, stalled - without decisions, clear steps ahead, or movement.

@LynneaHagen

Section II

What Causes “Stuckness”

As mentioned in the foreword, we are complex beings, living in a complex and demanding world. We are often trying to please several people or projects at once, without taking time to do quality thinking. We live in noisy, reactive places, mentally *and* physically, and our focus suffers as a result. We often don't take time to do quality planning or create boundaries around our time and energy. I often see this in business owners and leaders, who pride themselves in “open door policies” or waste their time in micromanaging others (then wonder why they themselves can't seem to accomplish anything). We also may not ask for what we need, and we become exhausted. Stuckness can be a complex situation.

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Stuckness can be caused by not knowing what you really want, or what type of person you're committed to being. @LynneaHagen

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Stuckness is caused by focusing on what's wrong by trying to correct errors, or focusing on what may go wrong.
@LynneaHagen

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Stuckness is caused by allowing fear to control our actions and decisions, especially fear that we'll mess up. @LynneaHagen

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Stuckness is caused by subtle belief: "Today will be like yesterday," focusing on the past & believing it defines your future. @LynneaHagen

Section III

How to Get Unstuck

In this section, I offer numerous tips on getting out of the state of “stuckness.” There is no “one size fits all” approach. As complex beings in a complex world, we may require time and patience to get “unstuck” and be fully on our way. Just know that it is time well-invested in yourself and what you are here to accomplish personally and professionally. Use the space provided to make notes, cite personal examples, create your own “to do” list, or project plan for your path forward.

Here are a couple of bonus tips for this section. Feel free to share them with your friends, followers, or team:

When you start dwelling on the past, be grateful for the experience & everyone in it & how you have learned and grown. @LynneaHagen

Remember, it’s always too soon to give up. Never give up; the next moment may be holding a miracle. Affirm this every day. @LynneaHagen

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Get unstuck. Get a fresh set of eyes to look at what you're doing & how. Get a coach, friend, colleague to see your situation.

@LynneaHagen

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Assume it's possible for you to have what you want. Raise possibilities. Probability WON'T help you move. Possibility will.

@RLRlearning

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Get Unstuck: Hang with people who are your “fire lighters,” and walk away from the “fire extinguishers.” @LynneaHagen

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Get unstuck. Be careful on what you feed your mind, body & spirit. It's all tied together & will either "feed or bleed you."

@LynneaHagen

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Get Unstuck. Consider what you do for "Version One," which takes pressure off having to create "perfection."

@LynneaHagen

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Get unstuck. Get a handle on chaos by PLANNING! 1 minute of planning saves 9 minutes of chaos, 30 minutes saves 4.5 hours. @LynneaHagen

About the Author



Lynnea Hagen, MS is an organizational development consultant, focusing on Higher Ground Leadership™ Development and strategic business plans. She combines strong business experience with tools and techniques to help the client grow as a human being and leader - all coupled with inspiration and humor.

Lynnea holds several coaching certifications, including Executives and Groups, and an MS in Organizational Development from University of San Francisco. In 25+ years of coaching and consulting, including retreats for leaders and their teams, she has helped hundreds of organizations and their people achieve more, with greater satisfaction, in less time. Lynnea is the creator of the Ecosystem of Success (ecosystemofsuccess.com). She is also a best-selling author, radio host of “Abundance Leadership,” speaker, and trainer. Her company’s mission is to create organizations that inspire the soul. This creates a 3-way win: productivity, profits, and people.

What Are Your Ahas?

Thanks for reading *Lynnea Hagen on Stuckness*!

Got any “AhaMessages” that would fit
with this book?

We’d love for you to share them!

Tweet us [@happyabout](https://twitter.com/happyabout) and/or [@LynneaHagen](https://twitter.com/LynneaHagen),
and tag it with [#stuckness](https://twitter.com/hashtag/stuckness).



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Lynnea Hagen on
Stuckness

**140 Insights and Tips to Get Unstuck,
Get Going, and Get What You Want**

"Lynnea Hagen is a masterful coach who has shed light on what all of us feel at one time or another: stuck! In Lynnea Hagen on Stuckness, she provides an easy-to-digest manuscript with a journaling component that is simple to follow. Written in short bites, the book is a great way to jumpstart any activity you're feeling stuck on. A terrific read that gives a little push to help you get going. I highly recommend this book."

Erika Taylor Montgomery | CEO-Chief Publicist, Three Girls Media, Inc.

"No one is immune from 'stuckness' in space and time. If you discover that you are stuck at any time, you can get unstuck by following Lynnea Hagen's tips and insights in her new book, Lynnea Hagen on Stuckness. By focusing on 140 tips, each one no more than 140 characters, Lynnea's book rapidly facilitates unstuckness. If you or your team members are currently trapped in a dungeon of stuckness, get Lynnea's book to become unstuck. If you are not, get Lynnea's book for someone you know who may be stuck. Lynnea Hagen on Stuckness may be the best book you could give friends, relatives, and colleagues who would like to rapidly sail from a 'red sea of stuckness' to a 'blue ocean of boundless opportunities.'"

Rod King, PhD, Business Coach on Ambidextrous Leadership & Growth Strategy President of Red Ocean Disruption (ROD) University



Speaker, executive coach, and success strategist/consultant **Lynnea Hagen, MS** combines deep business experience with techniques to grow "conscious leadership." She has helped transform hundreds of organizations and careers. Her client list includes entrepreneurs, as well as leaders and teams within non-profit, small, mid-sized, and Fortune 500 companies. She's passionate about building organizations that inspire the soul. Learn more at: <http://theabundancecompany.com>.

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