

# 3 TOOLS TO GET UNSTUCK

CREATED BY MICHAEL MELLEN



Are you stuck in your thinking? In your vision? In seeing possibility for your organization or company? Possibilities for what you might create in the world?

These tools aim to open you up to possibility, rather than narrowing to a goal. Our brains are better able to create multiple pathways, see different points of view, and envision possible directions when we move into a positive mindset.

1

Which leader, boss, teacher, coach, etc. brought out the best in you? Which of their characteristics contributed to that ability?

2

What will you look like, act like, and think like when you achieve your vision for an ideal leader? What will others say about you when you're not around? *You may choose to do this as a narrative, as bullet points, or in some other format that works for you.*

# 3 TOOLS TO GET UNSTUCK

3

What is your ideal vision for your life, business, family, and/or relationships? Tap into your vision for physical, emotional, financial, philanthropic, social, intellectual, and spiritual well-being. *There is no limit to what you write, only limit to the box on the page. Many people find that somewhere between two paragraphs and two pages captures the essence.*

Bonus

Think back to when you were a kid – anywhere from about 5 years old through high school (sometimes college works well too). When were you happiest, most in the zone, or most yourself? These answers often help to open up possibility around what you might tap into in order to thrive in work, life and leadership.

Use these answers as a filter or blueprint for getting unstuck, creating your next business, setting the next vision, becoming the leader you'd like, or starting to work on areas that will help you thrive.

- Look for patterns.
- Notice ideas that jump out.
- Try moving thoughts that make your heart beat from one realm to another (i.e. from family to work or vice-versa).
- Check for places where you only see two options.
- Ask yourself what other options exist.
- Identify areas where you see strengths.
- Identify areas where you would like to grow or continue to grow.

**Please let me know if you have any questions or if I can be helpful.**