

3 Keys to Getting Unstuck

1. Reach out to someone that you trust, or is recommended to you by someone who has gone through the same thing.
2. Share with them what you feel your greatest issue is right now. (It's likely not the root cause, and is possibly a symptom, but the key here is to share with someone).
3. Take their advice and give it a real try, whatever it is.

***We all need people to help us see things in our lives that we may not see for ourselves. We all need encouragement, no matter how much we think we don't. We need people. I'm asking you from the bottom of my heart, please reach out if you are feeling stuck.

