



Jamie Anderson
Business and Personal Coach
jamie@sparksuccess.com
T.403.209.5936
F.403.532.2836

Printed in The Okotoks Western Wheel

HOW DO I GET UNSTUCK?

Have you ever been in a seemingly impossible situation? Or stuck? Often the solution is elusive. We cannot see it as we are looking at the situation through lenses such as fear, frustration, overwhelm or learned ways of perceiving and dealing with certain circumstances.

What I find with clients is that they can be positively surprised when they simply set their intention for a desired outcome, let go, and see what happens. Many times, a seemingly negative situation turns out to be the best thing that ever happened to them or their business. A new door they had never considered might appear. Sometimes it involves change but change well worth going through. Sometimes it comes as an amazing series of events that self resolves the situation. Other times they find a new way of looking at it and act accordingly.

Ask, Believe, Receive. The application is the key. If there is a road block at any of these three steps, we can block attracting what we desire for ourselves or our businesses. Awareness and understanding can help overcome these. Experiment with something small by asking (setting your intention for what you desire – tangible or intangible), then believing (one way of doing this is by visualizing that it has already happened or creating a vision board), and receiving. It is important to be aware as we can overlook that we have received. What we are looking for may come in a different way, shape or form than we had in mind. Be open to new ideas and opportunities that are being presented to you without being tied to the way that they come to you. Your resolution may be right in front of you.

Copyright of Jamie Anderson