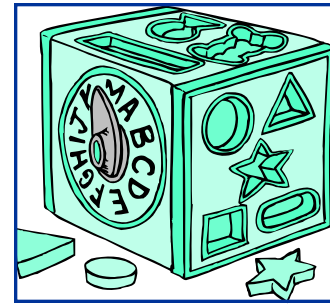


GETTING UNSTUCK



We have the areas in life that are easier and those that are more difficult. Some of us have a natural talent for athletics, art, finance, organization or business. Others are poor in these areas and abilities are elsewhere.

"You cannot be wimpy out there on the dream-seeking trail. Dare to break through barriers, to find your own path." -Les Brown

It is typical to excel in the areas that are simpler for us to accomplish and we may struggle at the projects that are hard to figure out.

"I have always grown from my problems and challenges, from the things that don't work out, that's when I've really learned." -Carol Burnett

Do you know your good areas; where you excel? Do you get help for the areas you are poor in? Do you get stopped when you are trying to accomplish something and you hit a roadblock?

Obstacles are generally a part of any goal. It is the part where you get stuck. Then the issue is whether you are going to continue or just stop.

It can be a tough call. If the goal is very important to you, it can be worth it to hang in there, get support if you need to and reach the desired outcome.



"You have to find something that you love enough to be able to take risks, jump over the hurdles and break through the brick walls that are always going to be placed in front of you. If you don't have that kind of feeling for what it is you are doing, you'll stop at the first giant hurdle." -George Lucas

Sometimes people don't finish a goal because they are bored, tired or uninspired. What or who gets you motivated?

Others may not feel they deserve to get the rewards associated with accomplishing their goals. Some may not know how to determine, plan or finish their goals. And sometimes people are too busy to finish everything. Or they have taken on too many projects and it is unrealistic for them to think they can do them all. When a person has perfectionist tendencies they may try to do more in a day than they actually are capable of doing only to leave them always feeling like they are failing and keeping them unmotivated to complete any task.

What category are you in?

- * Like to begin something new
- * Enjoy the process and the middle
- * Love the end and the end result

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"The experienced mountain climber is not intimidated by a mountain -- he is inspired by it. The persistent winner is not discouraged by a problem -- he is challenged by it. Mountains are created to be conquered; adversities are designed to be defeated; problems are sent to be solved. It is better to master one mountain than a thousand foothills."

-William Arthur Ward