The Stuck-to-Success Continuum

Feeling stuck?

Good news. The fastest way out of stuck is to generate options. When our brain is under threat, we see limited options. By generating options, we can lower negative threat. In turn, our brain is able to be more creative, open, fluid, and adaptable.

> **Step One: Stuck**
> Describe where you are now by listing what you are feeling, thinking, experiencing, predicting
>
> **Step Two: Success**
> Describe where you want to be by listing what you want to feel, think, experience, predict
>
> **Step Three: Options**
> Brainstorm all of your options in moving from stuck to success. Build on options by adding yes, and, asking even better if and and what else?

Where are you stuck?

Example: Should I apply for a leadership position?

Stuck ——— Success

Describe Reality
List what you are feeling
thinking, experiencing, predicting

Describe Winning
List what you want to feel,
think, experience, predict

List options that will take you from STUCK to SUCCESS

Options:

(and what else? Yes...and even better if?)

- I can find a mentor
- I can talk to my leader to get feedback and perspective
- I can talk to a peer who recently received a promotion

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