



## Getting Unstuck: 10 Steps to Moving Forward

**Lesson Aim:** To help students realize that obstacles are part of life and if they feel stuck where they are, they can choose to move forward. Students will discover the 10 strategies to get unstuck and maximize life.

### SLIDE 1-Title Page

If you feel stuck where you are, you must choose to move. You can't afford to forfeit any more time stuck where you are. Time is too valuable and precious. If you desire to come out of a stuck situation and maximize your life, here are five poisons you must avoid.

The following list are 10 important life lessons (strategies) to help get unstuck and move forward.

**FACILITATOR:** Ask your students what each of these statements mean to them. Let them discuss their opinions and thoughts and offer talking points as necessary.

### 10 Important Life Lessons

#### SLIDE 1-

##### **Learn to forgive.**

How do you move on from the hurt and sorrow? Life is too short to live with unforgiveness. We cannot live our best lives angry about what others did or did not do. Learn to forgive. Yes, it can be difficult to forgive someone that has done us wrong, but the consequences of not forgiving weighs our lives down and keeps us from moving forward. Unforgiveness allows the emotions of anger, hurt and pain to stay alive in our hearts.

Does forgiving mean forgetting? Forgiveness does not mean forgetting. In fact, the human brain does not typically work like that. "What happened, happened and we should not pretend that it didn't." Forgiveness does not erase the past, but it gets us out of the victim mode and gives us a peace of mind. We may forgive someone and never choose to see them again, trust them or have a relationship with them ever. Do not waste any more precious time, forgive, and move forward.

#### SLIDE 2-

##### **Make your time count.**

Time is a precious and limited resource. So often we abuse it or misuse it, thinking we have plenty left. Sometimes we spend too much time on the wrong things (things that do not matter in the long run) and too little time on the things that do matter. We only have one life to live, and we might as well live it at maximum capacity (BUT NOT RECKLESSLY). Whatever stage you are in life you must make your time count.

### **SLIDE 3-**

#### **Embrace change.**

Change is often difficult. A new town, new school, new siblings, or parents are divorcing can all be very frightening. Even when the change is a positive one. It can disrupt one's life. It can interfere with one's routine. The hardest part about change is letting go of what we are familiar with and moving on to something different. No matter how much you want things to stay the same, they will not. Change is inevitable. Stop worrying, complaining and doubting, and believe that things will work out. Embrace the change, live with an expectation of better things and enjoy life moving forward.

### **SLIDE 4-**

#### **Take your health seriously.**

If one's health is bad, then living one's best life is nearly impossible. Start now developing healthy habits like good hygiene, eating better, exercising, drinking water and getting quality rest. Also, get regular yearly checkups to prevent future problems. Also avoid health-related risky behaviors such as tobacco use (including vaping), alcohol and other drug use, sexual behaviors that contribute to sexually transmitted diseases and unintended pregnancy.

### **SLIDE 5-**

#### **Don't make excuses.**

Many people cannot move forward in life because often cling to a bunch of excuses. They say things like, *"I don't have enough time," "I am not smart or good enough," "I don't have the appropriate education or experience,"* or *"I don't have enough money."*

You do not know what you can accomplish until you do it. It does not matter if it has not been done before. Do it anyway. If no one will go with you, go alone. If you do not get encouragement from family or friends, encourage yourself. When you decide to stop making excuses and move forward, you will begin to achieve things in life you never imagined were possible.

### **SLIDE 6-**

#### **Take consistent action.**

Getting to where one desires to be, requires consistent effort. Roll up your sleeves and get to work every day. Taking consistent action means showing up every day no matter how you feel; no matter what things look like or who is in your corner.

Merely talking about dreams/goals will not cause them to happen. Dreaming about your future will open doors to success. Reading books about others' success will not magically transfer to you. If you want to make things happen in life change your mindset, create a plan of action and consistently take action.

### **SLIDE 7-**

#### **Avoid negative conversations.**

Do not allow people to make more withdrawals than deposits in your life. If you do, you will find yourself living in the negative. When you engage with the negative words of others you hinder your progress. It does not take long for negative conversations from discouraging people to deplete your energy and enthusiasm.

You do not have control over what others say; but you do have control over whether or not you allow them to speak into your life. You have the power to walk away and reject their poisonous words from infiltrating your heart and mind.

#### **SLIDE 8-**

**Don't try to get everybody to like you. Stop looking for likes.**

**FACILITATOR Ask:** Do you ever take down posts that don't get enough likes?

Do you ever spend a lot of time agonizing over what to post or trying to take the perfect selfie?

One of the best ways to free yourself from the unnecessary pressure is to understand everyone is not going to like you. It is not the end of the world if everyone does not like you. It is not your responsibility to make people like you. It is your responsibility to treat people like you want to be treated (The Golden Rule). If you are overdoing your personality to get people to like you, please stop. Just be your unique self. If people cannot like you for who you are then you are better off without them in your life.

Vicki Collins' Mom said: *"No matter how you live or what you do someone will always disagree with you. So, live your life and let the rest take care of itself."*

#### **SLIDE 9-**

**Stop focusing on the past. Leave the past behind you.**

**FACILITATOR Ask: What do you notice in this slide?**

If no one answers, say the house is in the car's side-view mirror. There is an anonymous quote: *"It is hard to drive forward looking in the rearview mirror"*. Obviously, trying to drive a car forward while continually looking backwards can be dangerous; you may end up crashing.

Notice, in a car the front windshield glass is bigger than the rear-view or side-view mirrors. Why?

Because what we must see in front of us is greater than what is behind us.

Do not shed another tear over your past, it is gone and will never come back. Do not stress out another minute over things you cannot change. Your past is like scrambled eggs; once scrambled, no one can unscramble them. Whatever happened in your past deal with it so you can move forward.

Never allow anyone to hold your past over your head. Everyone can change and your past can be a steppingstone for becoming a better person.

#### **SLIDE 10-**

**Give up perfectionism.**

**FACILITATOR Say:** *"All the perfect people make some noise!! (There should be silence)"*

Is there a perfect world? No. Are there any perfect people? No. If you believe that everything must be perfect before you go after your dreams and goals, think again. If you fall into this trap you won't accomplish much. Trust me, it is okay not to be perfect, because "being perfect" is not real. It's just wishful thinking. It does not exist. The real world doesn't reward perfectionists; it rewards people who get things done. You will hinder your progress if you believe the "perfect" lie.

#### **SLIDE 11-**

**You are coming out of this!**

Everyone faces situations and circumstances that look they will be permanent in our lives. It is easy to believe that things will not change. But just because it seems permanent to us doesn't mean that it is permanent. The rough patch, the 'stuck' condition is temporary, and it will pass. There is an expiration date on it! Keep your head up!

#### **SLIDE 13-**

**We Love You In Case You Haven't Heard...WE LOVE YOU!**

#### **SLIDE 14-**

**Thank You!**