

## Stuckness

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*I work with people who want to get un-stuck in big and little ways. And I've just about concluded that that most of us are stuck on something somewhere in our lives most of the time:*

- *Maybe you're stuck between competing commitments (how can I lose weight and still enjoy life?),*
- *Or on just not knowing what to do next (big bite or little bite?),*
- *Or on how to do it (what if I raised the bar on my performance?),*
- *Or on whether you should risk it (could I still pay the mortgage?).*

*One of the best ways I know of to tackle stuckness is to join with a tribe of other pilgrims who will challenge and support you. That's what happens routinely in SeattleCoach groups. A new one (focused on coach training) launches in July. Be in touch and I'll tell you more.*