

GETTING IN GEAR (G.I.G.)



9 Steps to Moving You from Stuck to Unstuck

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“9 Steps to Help You Get in Gear (GIG)”

Perhaps you're in a place where you feel stuck. It could be a situation involving your job, family, your ministry, a relationship that you're in, or any situation that is overwhelming to you, where you feel paralyzed and frustrated, lacking the drive to get it going. You're SO flustered because where you are seems so far from where you want to be.

You know you should be doing something or that you need to be doing something, otherwise things will remain the same for and all your dreams and aspirations will continue to lay by the wayside of life. You've made promise after promise – that TODAY is the day that you're going to do something; instead procrastination is your daily companion. You have even asked yourself "What's wrong with me?" "Why can't I get it together?" "Why I can't I get passed this?"

You've prayed about it, but it seems that not even prayer is helping you. You share with some of your family members, friends and coworkers what you're going through and not even their words of encouragement is not enough to give you that push that you need to move out of park into drive. You feel so overwhelmed and even feel like God has forsaken you because even He hasn't provided you with the extra push to get you out of the slump you are in. So you just don't do anything. You remain in park, hoping wanting, wishing and waiting; hoping, wanting, wishing and waiting.

Your stuck position is even causing you to second guess yourself and think self - defeating thoughts. That maybe finishing your degree, owning your own business, or getting that job promotion are things too far out of your reach. "Maybe I want too much out of life." "Maybe I need to settle for where I am at now," you say to yourself.

Let me encourage you. Hold on here. Don't push the panic button. You should know that being stuck can be an indication of two things: (1) that you have hit a spot where you may need to switch gears; that what you were doing in the past isn't working for you now so you need to do something else, or (2) It can be an indication that your life is in the process of switching to a new direction. So you're dealing with strong feelings of uncomfortability and unfamiliarity here.

When you are in a spot such as this, know first of all that it's not the end of the world. This best is still yet to come even though it doesn't seem like and you surely don't feel that it is. There are several key things you can do here to help yourself get in gear and get moving. I want to talk to you about *9 simple steps* that when applied consistently, you will begin to see the change that you desire to see in your life. Take your time. Read through each of them slowly and carefully, allowing the principle to sink in. You may decide to work on one principle a week or one principle for several weeks. Whatever method you choose, begin to take action! We can think all day long about how we would like for this to happen or for that to happen, but unless we play our part, unless we get moving, then nothing will occur.

STEP ONE. Be Real With Yourself.

You must be honest. Ask yourself what's causing you to feel stuck? Really think about it. Usually when we think long enough we can trace our feelings back to something that has taken place or not taken place in our lives. Now, get a piece of paper and a pencil and write down what you believe it is that is causing you to feel this way. Use this information as what I call your FPC - Focal Point of Consideration. As you work through each step, do so with this information in mind.

Perhaps one of the reasons that you're feeling overwhelmed is because you are looking too far ahead. You're looking at the big picture and thinking about everything that you need to do in order to make your dreams a reality.

For example, you may have a desire to go to college. But then you start looking at how much money you don't have, how much it will cost, that your credit is not good enough to apply for a loan, not to mention you have been out school for a while, besides you're not even sure if your GPA is high enough. All of this, focusing on everything needed to make this goal a reality has caused you to feel overwhelmed and frustrated. And usually when we feel overwhelmed, we park ourselves and don't do anything. What you need to do here is to break the picture into pieces, pieces that you can handle. As you accomplish little by little, the frustration and hopelessness you once felt will begin to dissolve little by little.

Step 2. Don't use waiting as a crutch.

As Christians, we are admonished throughout the Bible to wait....to wait on God; to wait on our change to come; to wait for our breakthrough. HOWEVER, here, know that waiting can become your "enemy" if you are using it as a crutch. For example if you are waiting on everything to line up perfectly; or waiting for this to happen or that to happen before you take action, then you are further adding to your stuck position. Why? What if this or that never happens or that perfect moment never comes then what? Exactly! You must resolve within yourself to take action. If you want to start your own business, start doing research online or talk to someone in that field. A small step is better than no step at all. This brings me to Step 3.

Step 3. Make a decision to take action.

No one can force you to make a decision. Not even me as your coach can make you take action. I can advise or coach you through the process but I cannot make the decision for you to act. That decision is entirely up to you. You're going to have to give yourself a "pep talk" here, reminding yourself that doing nothing hasn't gotten you anywhere. That if your condition is going to

improve you and only you can help it improve. Remember: *Faith without works is dead* (James 2:17).

Step 4. Do not allow your feelings to be your guide.

Allowing your feelings to be your guide is an absolute “No, no!” Why? You already feel frustrated, hopeless and in some cases depressed because you can’t get it going. So my question to you is how can any of these feelings move you from where you are? Depressed feelings will only say to you “What’s the use, nothing will help.” Hopeless feelings will tell you might as well give up. And, frustrated feelings will only tell you that nothing you try will work. So you might as well stop trying.

When you are in a stuck position, your feelings, in particular negative feelings cannot be allowed to guide you. They will only hinder you; cause you to be afraid to move forward; to go after your dreams. So, if you sincerely want to change your position from park to drive, you must not allow your feelings to dictate to you in any way whatsoever your actions.

Ask yourself: What are my negative feelings keeping me from accomplishing? Write it down. Then go to God in prayer (Philippians 4:6) asking Him to help you and teach you how to lay aside these feelings so that you can move forward.

Step 5. Don't allow uncertainty about your future keep you in park.

Usually uncertainty about anything in life can cause us not to take action. See, we humans, like to know what the consequences of our actions will be in advance. We’re not real big on risk taking. We like to know ahead of time that if we do this....then it would lead to that, etc. However, many times in life, especially when it comes to our goals, dreams and future, the path is not clear to us. And it is exactly at these times that we feel stuck the most because again

we are not sure what move to make. But here, I admonish you to still take action. Take that step of faith anyway even if you're not sure that it will lead you into the direction that you want to go. Trust God for His guidance and direction, knowing that if you make a mistake, He is big enough and able to take any mistake made and use it for your good. *And we know that ALL things work together for the good of them who love God, who are the called according to His purpose.* Romans 8:28.

Step 6. Let go of negative speaking and negative thinking.

You must strive to let go of negative speaking and negative thinking. Talk and thoughts such as "I can't do this. I can't accomplish that. Or "That will never work." "I've already tried and failed," will do nothing to motivate you to move forward. Know that if God has promised you something about your future, it shall come to pass, regardless to what has not worked out or what has failed in

For the next three weeks monitor what you say and what you think....then write down...how your speech and thoughts caused you to feel. If they made you feel unmotivated, unproductive, uninspired, and limited, then guess what it's high time to switch gears in your thought and speech life.

Step 7. Spice it Up!

Take the stiffness out of your life by changing up your routine from time to time. See the routine of everyday life can make us feel dry, uninspired and unmotivated. It's like we're functioning like a robot, or on automatic; predictable. Instead of waking up, going to work, then coming home every day; try getting up, going to work, and stopping by a friend's house, meet some friends for dinner, or help out a neighbor or relative. The point is come out of the everyday routine. It may be comfortable, but it's robbing you of living your life to the fullest. It's robbing you of your creativity. It's robbing you of the momentum that you need to get up and get it going!

Step 8. Let go of the past.

Holding on to what happened or did not happen which you thought should have happened is one of the most crippling things any individual can do. How many times have we seen others that we know unable to move forward in life because they refuse to let go of the past? Sometimes we are in a “stuck” position in life because we are holding on to what happened in the past. But if you are going to move forward, let it go. Stop blaming others. Stop blaming yourself. Stop blaming God. To continue to do so will only be counterproductive for you and will not aid you in any kind of way to move to where you desire to be. Listen to the advice of the Apostle Paul. Even he knew of the detrimental effect of holding on to anything in the past. He says, *Forgetting those things which are behind...reaching forth unto those things which lie ahead* (Philippians 3:13). Of course this can be easier said than done. You may even have to talk to someone, a professional, your pastor, or a counselor if there are underlying issues that are deeply embedded.

Step 9. Go After!

At one point in my life, I felt really stuck! I was in a job that to me didn't have a thing to do with what my goals or God-given purpose. Frustrated many days, I called out to God and asked Him “Why?” Nothing I was doing in the present seemed related to what He said He had in store for me. I felt flustered and frustrated day after day until I decided to “go after!” I decided to go after my passion! I took a look at myself and realized I was the key to moving in that direction. That it wasn't God or my circumstances holding me back, but it was me. I had become stagnated. I had become parked by the wayside of life, too focused on what God said my future would be instead of realizing that I had the ability to begin working in my God-given purpose, right where I was at. When I began taking steps in the direction of my God-given purpose, I felt a release that I can't really explain. I stopped feeling stuck and stagnated. Dryness and

frustration in that area wasn't a part of me anymore. I was more joyful! My hope was revitalized! I felt fulfilled! Again, I realized that it was me holding me back. I was too busy looking at the big picture of what God had promised me, while failing to use what I had at the present to work toward my destiny. It was that void of not fulfilling my purpose that caused me to feel stuck in life.

Your situation too could be a cry for you to launch out into new waters relative to your purpose in life. Rather than being overwhelmed with the big picture, work with what you have right now! In doing so you will find your life take on a whole new meaning – new vigor, new vitality, new joy, new perspectives, new everything because you are doing something you were created to do and it's something you enjoy! Alli Worthington says it best in her quote: "Let your life be about what you are meant to do and not just full of what you should do." When our lives are only full of what we should do, we become joyless and discontented. But when our lives are about what we are meant to do, we experience joy unspeakable!

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