

Strategies to Get (And Stay) Unstuck

GoSkills online course syllabus

Skill level

Beginner

Lessons

18

Pre-requisites

No prior experience needed

Video duration

55m

Estimated study time

55m 16s

Instructor

Jeff Fajans, PhD

Honing the Skill

1 Why it matters

As the world becomes increasingly unpredictable, uncertain, and dynamic, you will inevitably get "stuck" along the pursuit of your biggest, creative goals.

Getting Clarity on What Matters

2 Pressing pause

In order to get unstuck, you have to first accept that you cannot do everything all at once.

3 Defining what matters most

Feeling overwhelmed with too many possibilities and ideas is a common internal obstacle that keeps us stuck.

4 Using even/over statements

Prioritization is a key skill that is easier said than done.

5 Using advanced prioritization

Sometimes you might need even more support with identifying what is most important (and what isn't) so that you can take action.

(Re)Build and Sustain Momentum

6 Breaking it down

If you feel stuck, chances are you're thinking too big.

7 Transforming goals into habits

The best way to ensure you get and stay unstuck is to create habits that support your most important goals.

8 Making it easier to start

Getting started is always the hardest part of executing on creative work, especially when you feel stuck.

9 Eliminating and managing distractions

There are many distractions and derailers that can prevent you from building and sustaining momentum.

10 Celebrating your successes

Celebrating your successes magnifies your sense of accomplishment and can help you reinforce positive habits and actions.

11 Getting external support

Enlisting the support of others can supercharge your momentum and keep you accountable.

Grow Your Creative Confidence

12 Why "creative confidence" matters

As your creative confidence grows, you become more effective at getting yourself unstuck from complex, uncertain situations.

13 Overcoming "impostor syndrome"

One thing that may keep you stuck is feeling like an impostor.

14 Eliminating perfectionism

Perfectionism can paralyze you and keep you stuck.

Maximizing Time and Energy

15 Optimizing for peak productivity

Making the most of your time and energy is key to getting and staying unstuck. After this lesson, you'll be able to optimize your time and energy to consistently achieve peak creative performance.

16 Designing your ideal week

In order to make the most of your time and energy, you need to be intentional.

17 Finding more flow

When you're in flow, you're able to tap into our highest levels of creativity, focus, and performance.

Conclusion

18 Reflection and action

Now that you've watched this course, you should feel empowered to overcome the ruts you might find yourself in and avoid getting stuck.

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