

Life-Work Reinvention Series

"Like an energy drink for your business" - Sarah J.

A hamster wheel is shown in a light blue, semi-transparent style. In the center of the wheel is a large, vibrant blue smoke explosion or cloud. The title 'UNSTUCK WORKBOOK' is written in white, bold, sans-serif capital letters across the middle of the blue cloud.

UNSTUCK WORKBOOK

**DITCH THE HAMSTER WHEEL,
REDEFINE WHO YOU ARE
BEYOND WHAT YOU DO,
REENERGIZE YOUR LIFE'S WORK**

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UNSTUCK: 10 Steps to ditch the hamster-wheel, redefine who you are, and reenergize your life's work

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*Want to use Google Docs to fill in your workbook? Click [here](#) to make a copy.

YOUR ACTION STEPS:

1. **STOP, check-in with yourself, and decide what you want, before jumping into action.**
 - What are you going to do on a daily basis to perform this 'daily act of checking in?'

 - What you do you want for your life, work, and business? [If you get stuck, what do you NOT want? (Then, see if that helps you define what you DO want.)]

1b. LOOK, observe before 'planting seeds' in a new endeavor, or at least before putting all of your eggs in one basket.

- Make a list of exciting possibilities for new endeavors.

Then ask yourself:

- What is my timeline (or deadline) for monetizing this new endeavor?
- Does this align with the timeline in which I can actually start making money, or do I need to come up with additional plans? (e.g., side hustle or slower transition)
- Who am I competing with in this new industry?

- Who seems to be doing very well in this field I'm considering? What are they doing that allows them to perform well? Am I willing to do those things (or at least try them?)

Who's doing well?	What are they doing?	Am I willing to do those things (or try them?)

- In your observations, do you notice any differences between what is said in the industry and what is actually occurring?

1c. LISTEN, build in a daily practice that ensures you are listening to yourself.

- Make a plan right now to spend 5, 10, or even 30-minutes every day quieting your mind.

2. What *fulfills* you, versus what has driven you in the past?

- What has driven you in the past?
- What *really* fulfills you?
- I enjoy being in a state of creativity when I do the following activities

3. . Prioritizing creativity over consumption

- How much of your day is spent being creative, rather than consuming?
- How can you ensure creativity plays a bigger role in your daily life?
- And, if you're willing to try a 1-day experiment where you being and end your day being creative (rather than being a consumer), how much more fulfilled does that make you feel?

4. What are your core values?

- What are your core values? (top 5)

If you need some help in this area, check out the following assessments and self-reflection inventories:

- Archetypes -

<https://cerriesmooney.com/primary-archetype-test/>

- My primary archetype is -
- My secondary archetype is -

- Personality -

<https://www.16personalities.com/>

- My personality type -

- DISC profile -

<https://www.tonyrobbins.com/disc/>

- Aspects of my DISC profile

- What core values have your trusted friends and/or colleagues suggested?
- Are there any trends or patterns that occur between your primary and secondary archetypes, personality assessments, and DISC profile?
- And, if something in your current life's work is no longer in alignment with your core values, what are you going to do about it?

5. Don't waste any time trying to find your "one true purpose" [Do this instead.]

Recommendation: Rather than trying to find your "one true purpose," it's time for you to start living ON PURPOSE.

[Do what you need to do (on a daily basis) to ensure that your work, life, and/or business is in alignment and integrity to your core values.]

The alternative:

Find the "sweet spot" between the following:

a) What are your "super powers?"

[What activities come super easily to you, they almost *energize* you! They require very little physical or mental resources. You are practically compelled to do these things.]

1. Super power 1
2. Super power 2
3. Super power 3
4. Super power 4
5. Super power 5

NEXT STEP: Cross off any activity that you don't enjoy doing. Keep any that you could feel passionate about, and move onto the next step...

b) Brainstorm how the remaining “super powers” could be monetized

SUPER POWER	MONETIZATION POSSIBILITIES

If you haven't found a clear “winner,” no worries... Keep this list handy for the next step.

6. Resist the urge to profit from all of your passions. [Do this instead.]

By all means, you want to be *passionate* about your life's work, but there is a more sustainable alternative than just 'profiting from your passions.'

[or - plan on having multiple income streams, so your passions aren't forced to pay the bills.]

The sustainable alternative:

Monetize your mission (and/or message) -

[If you can combine your mission (or message) with one of your monetizable super powers, you'll have a clear direction for where to go in your life's work. An, if your life's work does involve your passions, combining it with your mission will ensure that you *remain* passionate when the going gets rough (or the money's not flowing.)

Answer the following questions:

a) I help people _____ (whether they like it or not.)

[Consider the activities that you are compelled to do on a daily basis...]

b) What are your beliefs that *nobody* could change, no matter what?

c) Have you spent any of your life's work fighting any kind of "system?"

[If so, I want you to turn it around, so instead of wasting energy *fighting* the system, you help those being affected *by* that system.]

d) What are some of the hardest lessons you've had to learn?

[Bonus points if what you learned goes against "traditional wisdom" or everything you've been taught. That's your unique value proposition in the market!]

e) In overcoming one of your most difficult challenges, what do you wish someone would have told you that would have saved you a ton of time, energy, and resources?

[Think back to that time, right before the turning point, where you finally figured it out.]

If you can combine your mission and message with your “super powers,” this is a much more sustainable option or business model than simply ‘profiting from your passions.’

Super Power	Monetization Options	Mission/Message

7. Reframing “loss” and “failure”

When leaving a career path or business endeavor behind, it’s easy to focus on what we are losing (especially if we invested quite a bit of time and education to get it.)

Allow yourself to go through the stages of grief... Then, reframe “loss” as -

- Making a trade
- Onward and upward
- Growth and evolving

REFRAME THE FOLLOWING STATEMENTS:

What you’re losing...	Reframe as making a trade, onward and upward, or growth and evolving

REFRAMING FAILURE -

When it comes to reframing failure, you may find the same traits, characteristics, and work habits that made you a high-performer in the past may be getting in the way of your new endeavors.

The same work-horse tendencies which made you a superstar in the past can lead to BURNOUT, which makes any life's work unsustainable.

IMPORTANT SHIFTS:

Make a plan for 3 areas in the following categories:

WORKING SMARTER, NOT HARDER	WALK (WHEN YOU WANT TO RUN)	REFRAME 'FAILURE' AS FEEDBACK

8. Rally your troops [Don't go it alone.]

[This can be a lonely process, especially when professional connections start to fall away.]

WINTER IS COMING!

You'll want to have some sort of sounding board, allies, and a support system in place.

WHO CAN I COUNT ON DURING THIS TIME IN THE FOLLOWING CATEGORIES?

CATEGORY	PEOPLE I CAN COUNT ON
Mentors / Models	
Sounding board	
People walking the same path	
Friends	
Colleagues	
General support	
A shoulder to cry on	

9. Stop waiting for permission and start “trying on some hats”

You can't *think* your way into a major shift in your life's work. [I've tried.] It's going to take ACTION to move you from where you are now to where you want to go.

[You'll also want to figure out - what fits? What doesn't? What lights you up?]

- **What are a few options that seem interesting?**

[Start thinking of these as 'hats' that you'd like to try on for size.]

- **Now, list some 'low stakes' experiments to try them on for size.**

[Don't waste any time trying to decide. Your only job is to 'try before you buy' and figure out if the grass really is greener on the other side.]

'Hat'	Experiment	Results	Keep doing it? Yes or no.

10. Keep putting one foot in front of the other. [Keep going.]

Congratulations! You've taken some action towards a more fulfilling and meaningful life's work.

It takes an incredible amount of bravery to answer "the call" towards something more, or even *admit* that aspects of your work are no longer working for your life.

[While most people sit on the sidelines and dream about making changes about making changes in their lives, you're actually doing something about it! So, give yourself a pat on the back (or at least a break.)

Your new motto is going to be - "I want my next life's work to be my BEST life's work, and that may take a little more time than a quick fix or simple solution."

The most difficult step is to keep putting one foot in front of the other.

I'll be rooting for you!