

**GET UNSTUCK**

***3 SIMPLE***

**WAYS**

**PLAYBOOK**

Created for you by, Wendy Hofford  
President, WH Strategic Drive Inc.





## GET UNSTUCK WITH 3 SIMPLE STEPS!

Hi there,

I am excited to have you download my playbook.

This book was created as a resource to help people such as yourself either in your personal life or business to get “Unstuck” ,to help you keep moving when things get tough or to help you get back to where you are meant to be in this world.

Throughout this playbook, you will have worksheets to help you deep dive into different areas as a way to help you get moving again or back on track. I also include something I call “Wendyisms”. These are quotes or sayings I have that I repeat often. One of my clients found me saying different quotes or sayings that I made up and they coined them Wendyisms”. Now I include Wendyisms wherever I can.

This book was created as resource to help others so feel free to share it if it will help someone else.

If you want to stay connected, reach out to me through my website, [www.wendyhofford.com](http://www.wendyhofford.com)

I look forward to connecting with you. Enjoy the playbook!

All the best,

*Wendy*



# GET UNSTUCK WITH 3 SIMPLE STEPS!

Sometimes in life and business we get stuck. I know this because I have faced this issue many times in my life. It is that feeling where it seems like you don't know what to do or where to look for that next opportunity and then you find yourself sitting in front of your TV binge watching Netflix or scrolling mindlessly through Facebook. Yep, been there. Or in your business, where it seems nothing is moving forward, and you keep facing the same employee issues and customer complaints. Same old grind every day, where nothing seems to change or get better. Yep been there too.

Here's the thing. I have searched, discovered and studied the masters and learned a lot along the way of tips and tricks to get myself out of the "stuck" place in life. Today I want to share what I have learned with you!

## Get UNSTUCK with 3 Simple steps:

### Step 1: EMBRACE

Start with where you are.

Whether it is you or your business, the best place to start is always right where you are!

To **EMBRACE** means to accept you are where you are and accept it and face it. Just like going on a trip, you always must start your trip right where you are standing!

### Here are some questions to help you begin the process of **EMBRACE**!

1. What are 3 phrases or words would you use to describe yourself or your business?

2. What are 3 phrases or words would your friends, family or people at work use to describe you or your business?

3. What are the activities that you are good at and enjoy doing? *(For business, what do you specialize in)*



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**Accepting and embracing where you are, is understanding that you are where you are in life or business at this moment, even if you don't like it!**

*wendyism*

4. You don't have to like it, but before you can move forward, you must accept, acknowledge and embrace it! Take a moment to reflect on where you are in life or business and write down what that looks or feels like.

## ***Special Note***

The best investment you will ever make for yourself is learning more about who you are and how you show up in this world. I love using different assessments that can teach me more about myself or those that work in my organization. My favourite assessments are CliftonStrengths or DISC. Reach out to me at [www.wendyhofford.com](http://www.wendyhofford.com) and I would be happy to send you information about either and how they can help you or your organization embrace life and business even better.

## **Step 2: INSPIRE**

Once you embrace where you are, what you are and who you are, the next step is looking for areas of inspiration. To get inspired to move forward. This might be getting you off the couch, trying something new or looking to make positive changes. No matter what it looks like, once you start to make the steps towards becoming inspired, the world will begin to open up!

### **Reflect and consider the following:**

1. What is one thing you can do today that you have never done before? (*doesn't have to be big but think of something that will be different*). (example: *drive a different way to work, eat something or somewhere different, etc*)

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When we introduce new things into our world, it creates excitement and a bit of uncomfortableness.

**To grow and expand in life means that we must step outside of our comfort zone.**

*wendyism*

## *Special Note*

My challenge to you is to consider using this “wendyism”!

***What is one thing I can do today that I have never done before?***

2. What article, book, audiobook, podcast, blog or video would lift you up and get you inspired?

When you start to listen to, read or watch motivational speakers and thought guru’s, your mind opens up and you are introduced to new thoughts that can be inspiring and insightful.

3. Surround yourself with others that lift you up and challenge your thinking. Look to find others that are looking to grow, learn and expand their thinking.

Who is someone or group you can align yourself with that would inspire you?

Becoming “INSPIRED” takes being intentional and open to moving forward and challenging your current thought process.

## *Special Note*

If you want to get inspired, begin searching for opportunities to find it.

It is amazing that what you start looking for starts to show up in all kinds of places.

***That in itself can be “Inspiring”***

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## Step 3: LEAD

If you have worked through and are accepting of how you embrace your life or business and have focused on inspiring yourself to do things differently, you are now naturally evolving into leading your life or business.

The art here is how you “LEAD” moving forward.

Are you “LEADING” in a way that supports the way you want to show up in the world?

This doesn’t happen overnight. It takes time, focus and intention. It also takes hard work, taking risks and stepping up when others don’t.

**To be able to LEAD others, you must first learn to LEAD yourself!**

*wendyism*

Leading isn’t about having a title. In fact, I have seen some people that have a “title” and are so far from being any type of leader. Being able to “LEAD” means being someone that others WANT to follow.

If you want to “LEAD” your life or business better, then you must BE BETTER. This is why I say it takes hard work.

### Ways to improve your leadership and LEAD better:

1. Study and learn all you can about self leadership. (read, listen, watch those leaders that you aspire to be like)
2. Put yourself in situations where others rely on you to help them. When you help others, you build followers and your own self esteem.
3. Know what your core values are and live by your core values no matter what. This is where self esteem and self confidence comes from. Once you strengthen this, leading yourself gets easier.
4. Take courses and workshops that can enhance your knowledge of leading better for yourself and business.
5. Everyday, learn something new that will help you lead better.

**What goes in your mind, comes out your mouth.  
Make sure what your saying adds value to others!**

*wendyism*

### *Special Note*

**Invest in yourself to become a better leader.**

**If you don’t invest in yourself why should anyone else invest in you?**

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## GET UNSTUCK WITH 3 SIMPLE STEPS!

# I want to say “Thank You”!!



Thanks again for checking out my **GET UNSTUCK WITH 3 SIMPLE STEPS PLAYBOOK!** I hope it has left you with ways to better **EMBRACE, INSPIRE and LEAD** yourself or your business.

If you want to stay connected or if you are someone that has not connected with me yet, head on over to my website, [www.wendyhofford.com](http://www.wendyhofford.com) and subscribe to my email list. That way you can be up to date on any upcoming offerings, free stuff or information that can help you continue to **EMBRACE, INSPIRE and LEAD** yourself and others.

If you know that this playbook would be helpful for anyone else, feel free to share it with others.

*Final thought and reminder:*

***What is one thing you can do today that you have never done before that will help to move you in an exciting direction?***

Until next time, take care

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