

OBSTACLE-BUSTERS!

HOW TO CLEAR THE CLUTTER SO YOU CAN SEE THE SOLUTION

Perplexed Planners freeze up when the usual way of doing things doesn't work. To thaw our thinking, we first need to clear our heads. Then we can have some fun solving the problem from three different angles.



UNSTUCK
Live better every day

FIRST, CLEAR YOUR HEAD

If you don't want to let on that you don't know, you're acting like a **Peerless Planner**.

Warm up to see benefits of asking for help. Do one or more.

- Choose a topic you've been meaning to learn and ask an expert how to get started. Does he or she happily oblige? Respect your curiosity? Feel endeared by the request?
- Help someone out and consider: How did it make each of you feel? Do you feel closer to that person for accepting your help?
- In a conversation, ask more questions than usual. Try to dig into the topic. You'll be practicing the human dynamic of getting and receiving help.

Then see your situation from 3 perspectives

OR

If sticking to the rules isn't getting results, you're acting like a **By-the-Book Planner**.

Warm up to engage your creative muscles. Do one or more.

- Pick an everyday item and come up with three or more alternate uses for it.
- Choose several words or images and write down everything it makes you think of. Next, devise a story from your words.
- Browse photo sites and collect images that spark your imagination. What thoughts, ideas, ambitions do they conjure?

Then see your situation from 3 perspectives

OR

If changing your plan feels like failure, you're acting like a **Perfect Planner**.

Warm up to embrace change and mistakes. Do one or more.

- Often our first reason why not is an excuse for the real reason. Push one or two layers past your first reason to see what kind of fear is in your way.
- List the lessons you've learned in the last year or month. Circle the most important ones, and think about what mistakes earned you these valued insights.
- Zoom out to see how this moment fits into the larger scheme of things. What does this new wrinkle really affect? Does it threaten your safety? Compromise your abilities? Perspective usually relieves some pressure.

Then see your situation from 3 perspectives

NEXT, SEE YOUR SITUATION FROM 3 PERSPECTIVES

Question Assumptions

List all your assumptions about the situation. Mark the ones that stand in your way. Then, one at a time, imagine each barrier is removed and consider what you would do differently.

Re-Learn It

Remember when you first figured out what now has you stuck? You had a mindset of more possibilities than answers. Resume that attitude and learn how to do it all over again. But this time, change one or two things to see where it leads you.

Channel Your Heroes

Who do you know that's an ace at handling things? What would he or she do in this situation and how is that different from you? Try this with a bunch of people you admire for different reasons.