

GET OUTTA THE RUT

WORKBOOK



BEACON
COACHING & LEADERSHIP

Stéphanie
Rourke Jackson

GET OUTTA THE RUT

The purpose of this workshop is to get unstuck and get outta your rut. First, give yourself credit for showing up and wanting to get free from enduring the 'same ole same ole' day-to-day grind. I know the feeling, I was there too! If you're like me, you want MORE from your life or at least something different in an area or two. I'm not saying everything is OFF but if something important like your relationships or career are out of alignment, you feel it and it hurts! Sooooo, let's get started, shall we?

- PREPARATION
- Most people need 30 to 60 minutes to complete the workshop
 - You'll need a printed copy of this workbook, pen, tea or coffee, and a quiet un-interrupted place (no kids, pets or friends dropping by ;)
 - close all tabs on your browser and put your phone away - I know, it seems harsh but you'll thank me :)
 - take a few deep cleansing breaths...ahhhhh, you should feel better already

- INSTRUCTIONS
- Start video, be honest, get writing (brain dump if you need to - this is for you, get as messy as you need, there's no grading, just the reward of getting unstuck!)
 - feel free to stop the video at any time to linger on the questions, dive deeper as you answer each question - take as much time as you need

*"The results you achieve will be in direct proportion to the effort you apply."
Denis Waitley*

GET OUTTA THE RUT

Definition of "Rut" - stuck in a deep groove unable to move forward

Most common ruts are:

CAREER / VOCATION / INCOME

RELATIONSHIPS

HEALTH

SELF-DEVELOPMENT

Area of Focus:

Current Rating:

- Sucks
- Meh
- Alright
- Good
- Amazing

Future Rating:

- Sucks
- Meh
- Alright
- Good
- Amazing

GET OUTTA THE RUT

CAUSES - how did you get in this "rut"?

What causes do you attribute to the rating? *If unsure, just list anything you think may have brought you here? Some examples: family of origin, habits, boredom, lack of experience or education, low self esteem, trauma, or other people*

What happened?

What are the emotions associated with this rut? *Some examples: shame, disgust, sadness, frustration, anger, pity, hurt, rejection, arrogance, or indifference.*

What got compromised? *Some examples: reputation, income, values, beliefs, confidence, health, or relationships.*

GET OUTTA THE RUT

REFLECTION: take time to dig deeper, stop the video between questions

What did you have control over?

What was your part in it?

What was out of your control?

What was someone or something else's part in it?

What did you learn? How did you grow? What are you proud of?

GET OUTTA THE RUT

VISION: future focus

Where do you want to be?

What's your "WHITE HOT WHY"?

What do you know about yourself (strengths, talents, abilities) that can help you?

What's true/positive about who you are?

What's the change or difference you want in this area?

How will this help or benefit others in your family, community, world?

GET OUTTA THE RUT

ACCOUNTABILITY: progress through commitment

What's ONE THING you can DO today to move closer to your goal?

Who will you tell (someone who will encourage you and give you honest feedback)?

Who will you 'hire' to help you achieve your goals (instructor, mentor, coach)?

Make the decision! Are you committed?

- YES
- NO
- NOT SURE

Date: _____

GET OUTTA THE RUT

Assuming you've made the decision to go forward and move from RUT to ACTION beware of these common culprits/distractions that will show up to bring you back into that comfortable place called "The Rut"!

Take a moment to write down how these DISTRACTIONS take you off track. Get really honest with yourself – pretending or justifying your excuses will just keep you stuck!

DISTRACTIONS

COMPARISONS

DOUBTS / FEARS

JUDGEMENT

OTHERS (EXPECTATIONS AND APPROVAL)

(LACK OF) BOUNDARIES

ASSUMPTIONS

CLUTTER (MIND, RELATIONSHIP, ENVIRONMENT)

GET OUTTA THE RUT

TIPS AND TRICKS TO STAYING OUTTA THE RUT

B.R.E.A.T.H.E actually do it...long, deep breaths several times a day or when you feel tense.

- Be Bold - use courage in the face of fear to develop your confidence, don't wait till you feel like it, do it scared
- Relationships – build your tribe of people who support, love and encourage you. Ask them what they love about you and what you're good at, they will tell you - then believe them!
- Equip & Empower – continue learning, training, seek guidance, counselling, coaching, attend seminars, workshops and anything that helps you gain knowledge and experience
- Affirm & Acknowledge – list your strengths, passions, talents. Be proud of your accomplishments. Reward yourself when you crush a goal or hit a milestone
- Tell Truth – be honest about what you are experiencing and doing. Forgive those who have wronged you. Extend grace to others and yourself
- Happiness & Health- choose joy, decide to be happy and have a positive perspective. Instead of looking at all the reasons why something won't work, look at why it will. Have a healthy lifestyle: eat well - develop a meal plan that includes good food, exercise every day, take time to meditate/pray/be still

Express Gratitude - list what you are grateful for every day!

#DoTheThings

STÉPHANIE ROURKE JACKSON

CONNECT WITH ME ON LinkedIn, Instagram and Facebook
stephanie@beaconcoaching.ca | 416-843-2891 | beaconcoaching.ca

"IDENTITY MAPPING" COURSE

1:1 Coaching | In-Person Workshops | On-Line Courses | Speaker | Social Activist