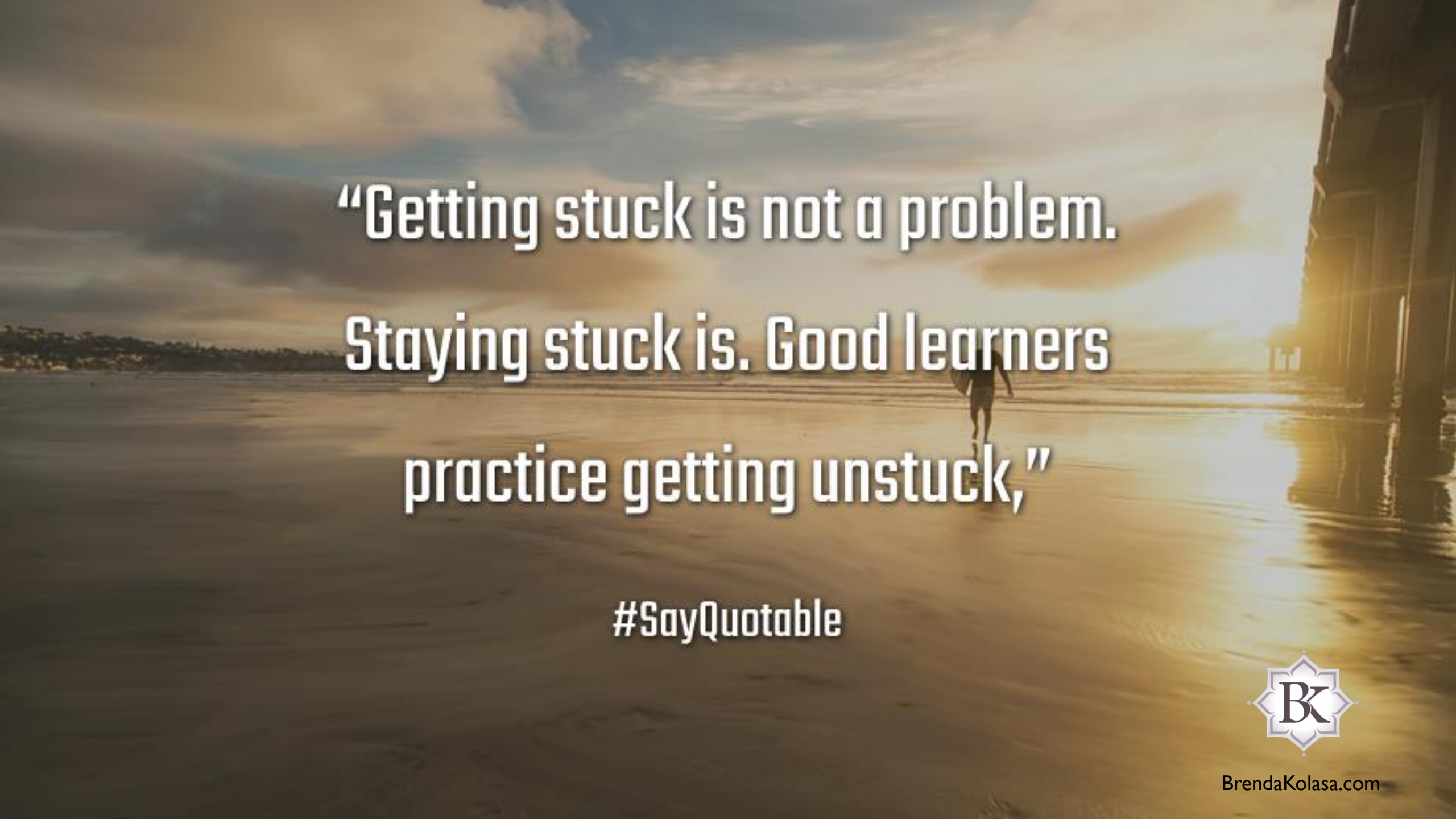




ACDC CONFERENCE APRIL 2021

**HOW TO GET UNSTUCK TO
CREATE UNSTOPPABLE MOMENTUM**





**“Getting stuck is not a problem.
Staying stuck is. Good learners
practice getting unstuck,”**

#SayQuotable



YOU'RE IN THE RIGHT PLACE

If you want to...

- Discover more joy and a better work environment.
- Be able to help others with more impact and better strategies
- Overcome the things that hold you back such as fear, overwhelm, perfectionism, and negative self-talk.





Mom of 2 young adults

Married for 25 years (*to the same man!*)

Have developed 5 businesses over my career
(...so far ;)

Love camping and a good glass of Shiraz

Love kayaking down the Red Deer River

A bit about me

#FunFacts



BrendaKolasa.com

WHAT WE WILL BE COVERING:

- How to know when you (and others) are STUCK
- The effects of staying stuck
- 4 SIMPLE reasons people get stuck
- Tools to gain back momentum now




***MOMENTUM** is the fuel that leads us to our goals... our intentions... our passions. Without it, we feel stuck.*





HOW DO YOU KNOW
WHEN YOU'RE STUCK?



An abstract painting with vibrant colors and textures. The background is a mix of warm tones like yellow, orange, and red, with some cooler tones like blue and green. There are dark, almost black, splatters and brushstrokes that create a sense of movement and depth. The overall effect is one of dynamic energy and complexity.

STRESS can be the
bi-product of being stuck



DID YOU KNOW?

A 2017 Gallup Poll from the American Institute of Stress, Gallup states:

- 80% of working people feel stress on the job and half of them need help in managing STRESS.
- 1 in 5 respondents had quit their earlier jobs due to STRESS.
- **\$300 billion is lost in productivity per year due to STRESS.**



STRESS CAUSES:

- SHRUNKEN HIPPOCAMPUS
- EXCESSIVE CORTISOL
- DEPRESSION
- HEALTH PROBLEMS

*If stress is a bi-product from being stuck,
by limiting the ways we get stuck...
we then should be able to limit our stress levels*





4 SIMPLE REASONS PEOPLE GET STUCK

1. Fears
2. Debilitating Thoughts
3. Unsupportive Habits
4. High Pressured Expectations...

All which lead to...





AVOIDANCE... RESULTING IN **EXCUSES.**

- This is too hard – Who’s on Facebook?
- This is too different – I’m too old for this...
- I’m too busy to deal with this right now
- I’m hungry. I wonder what’s in the pantry?



ADOPTING A GROWTH MINDSET

PERSPECTIVE





4 SIMPLE REASONS

FEARS

- Fear of not being deserving enough
- Being too old - Being too young
- not knowing enough
- not being educated enough
- wasting too much time
- wasting too much money
- Wasting too much energy
- What others think



HOW DO **YOU** DRIVE THE BOAT?





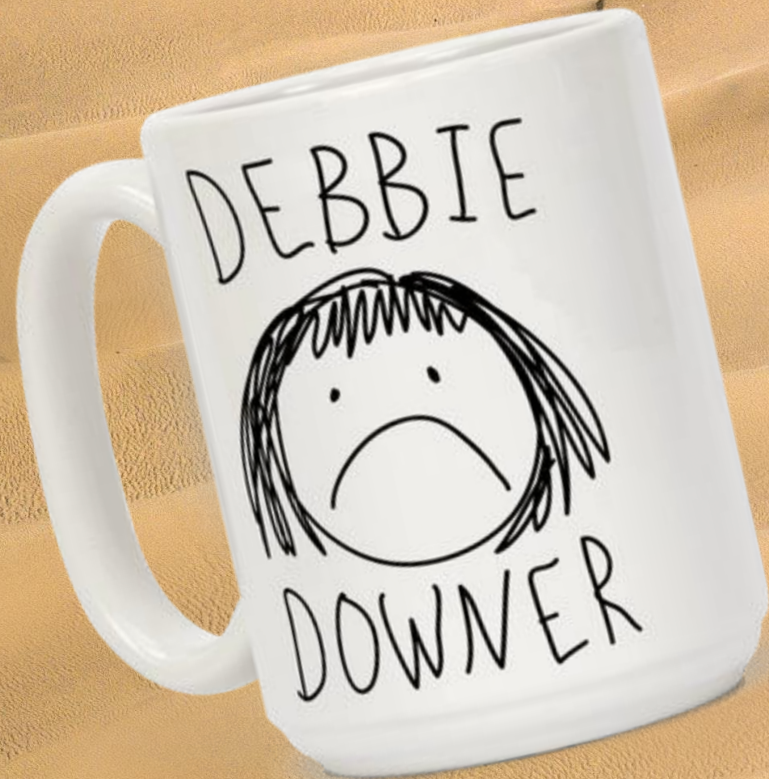
4 SIMPLE REASONS

DEBILITATING THOUGHTS

Acknowledgement, Curiosity, Resolve



BrendaKolasa.com



DEBBIE DOWNERS

Find it easier to see roadblocks and negativity than to be positive and seeing opportunities instead.



How much are you sweating the small stuff?

W TO PREVENT LEAKAGE
A • DO NOT TOUCH HOT SURFACES
R • DO NOT MIX LIQUIDS IN POT
N • DO NOT HEAT EMPTY POT
G • DO NOT CLEAN WITH
• DO NOT USE SCRUBBERS OR
• DO NOT USE ON RANGE TOP
• DO NOT BUMP
• DISCARD IF CRACKED, SCRATCHED
OR HEATED EMPTY
• USE CAUTION WHILE SERVING
OTHER PEOPLE



“Energy Flows
Where Attention
Goes”

– Tony Robbins



CHANGE YOUR FOCUS

1. What is it that's keeping me stuck within this mindset?
2. How can I reframe my thoughts and think differently about this situation?
3. What is one thing I can do to take positive action right now?





9
10
11
12
13
14
15

```
this.firstName=firstName;  
this.lastName=lastName;
```

```
}  
public long getId()  
return id;  
}  
public void setId(long id){  
this.id=id;  
}
```

4 SIMPLE REASONS UNSUPPORTIVE HABITS



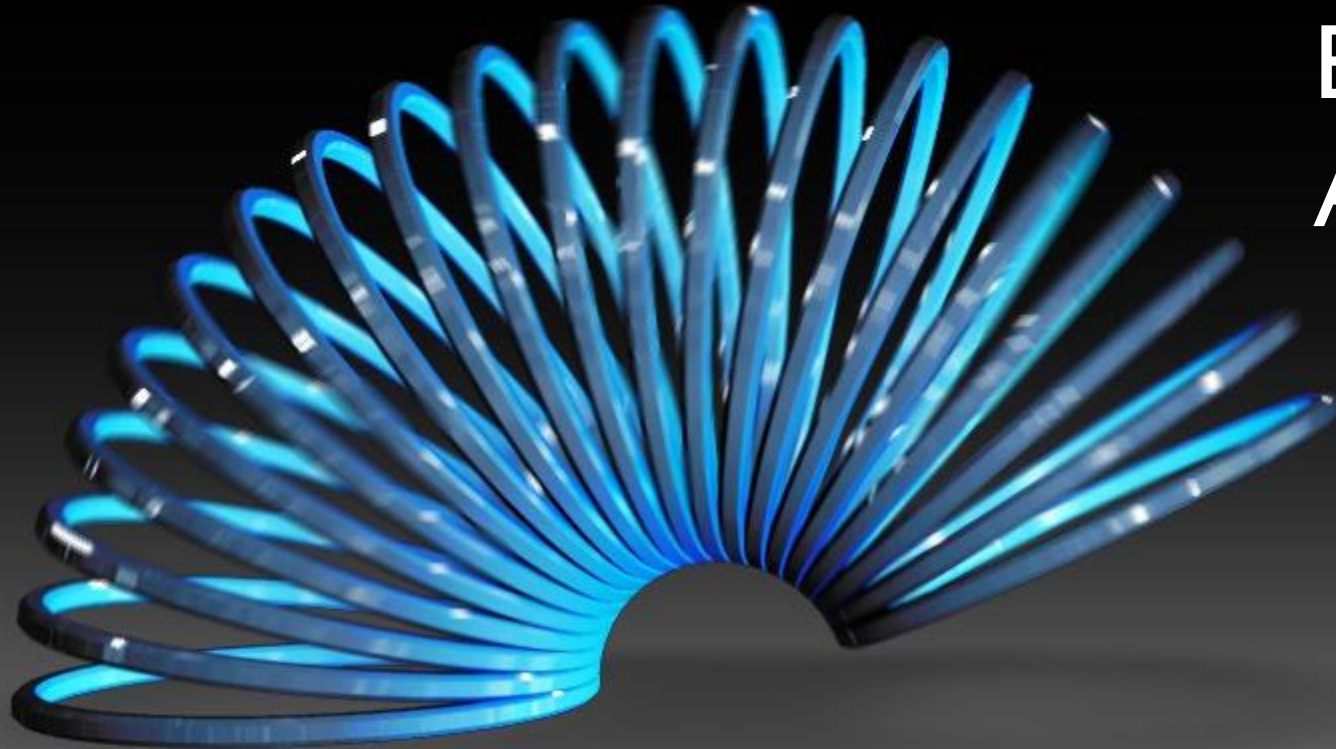


4 SIMPLE REASONS

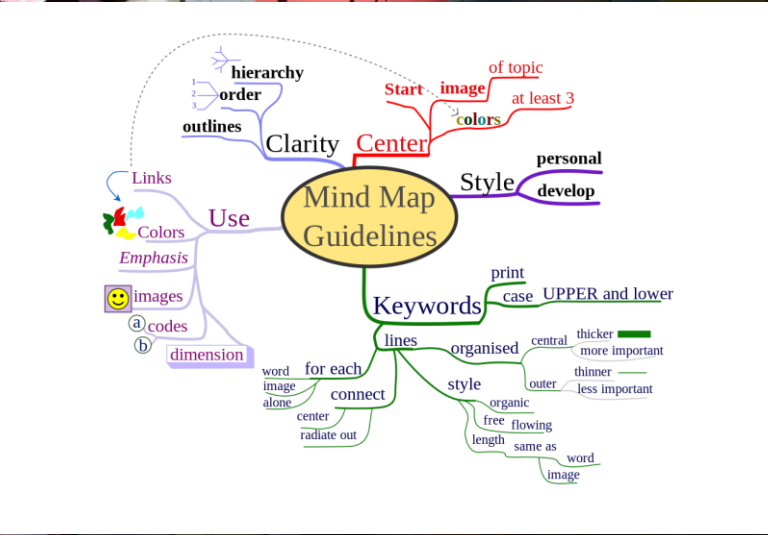
HIGH PRESSURED EXPECTATIONS



TOOLS TO GAIN BACK MOMENTUM AGAIN



Unravel the Mess



2

Easy Wins

Create momentum
with low hanging
fruit and easy wins



3

Small, Creative Catalysts

SMALL THOUGHTS

SMALL QUESTIONS

SMALL ACTIONS

KAI	ZEN		
改	+	善	=
“change”		“good”	“good change” aka “continuous improvement”



SMALL THOUGHTS



SMALL QUESTIONS

#becurious



Apple Juice	1.40
Apple Sauce	0.90
Apple Muffin	0.90
Apple Cinnamon Donut	0.90
Apple Pie Donut	0.90
Apple Toppings or Sauce Sauce	0.90
Apple Pie	11.00
Apple Pie (Small) Case Size	1.40
Apple Pie (Large) Case Size	1.90

TO ORDER: PLEASE EMAIL
YOU WHEN YOUR ORDER ARRIVES AND YOU CAN COME AND COLLECT FROM
CHA LOUNGE. YOU CAN PAY VIA BACS.
WE WILL CONTACT
DELIVERY DAYS ARE FRIDAY AND TUESDAY.
THANK YOU. THE CHA LOUNGE TEAM.

Come up for...
The rustiest kitchen...
LIVE Jazz and Curry
- 1st Thurs of every month
18:30 - 23:00
...cakes, bread, soups
...much more!
Cha Lounge
fusion dishes
organic, Pegan,
gluten free
fair trade

BREAKING FREE

1. What is it that's keeping me stuck?
2. How can I think differently about this situation?
3. What is one thing I can do to take positive action right now?



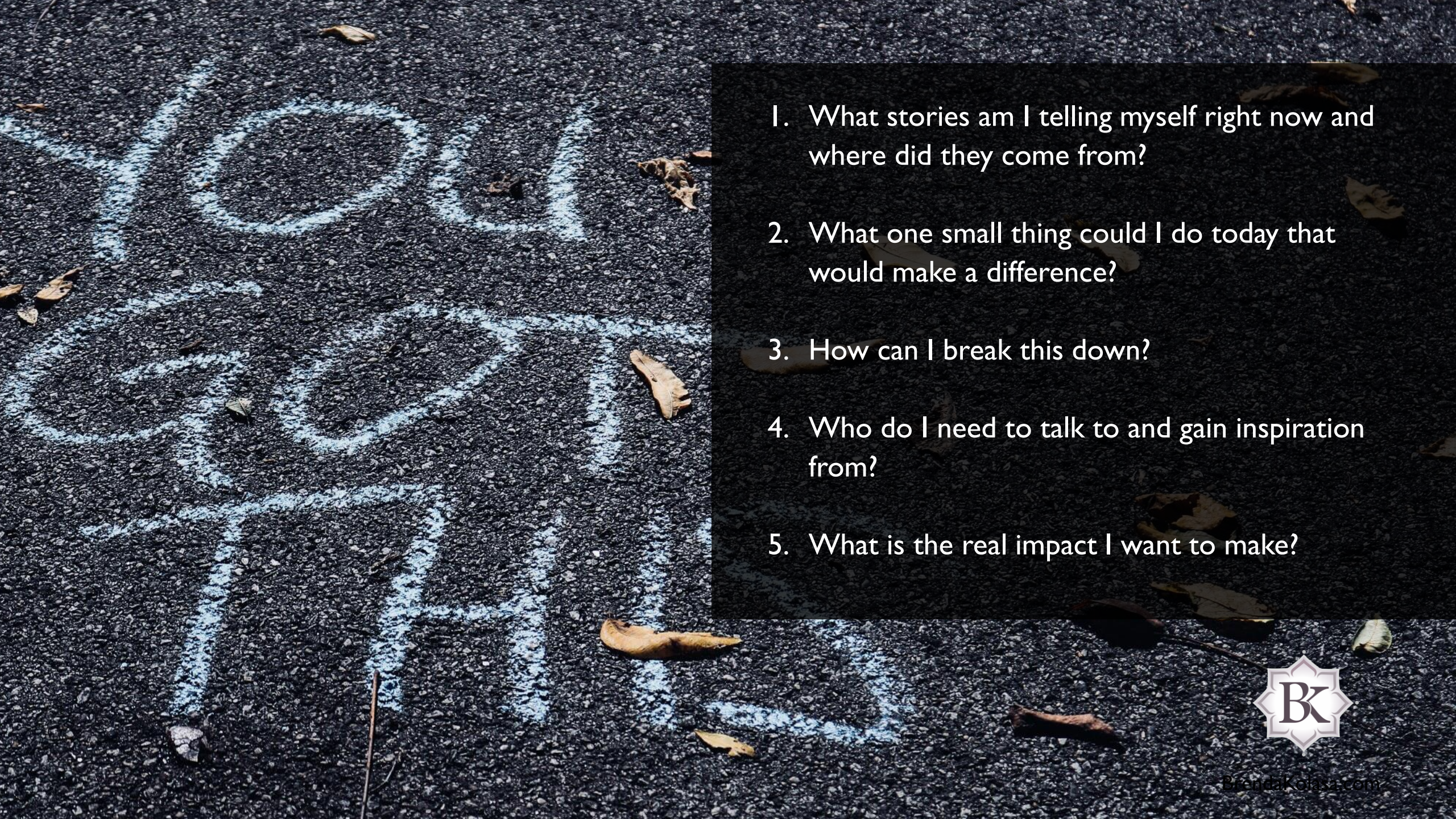
SMALL ACTIONS






Action through positive intention



- 
1. What stories am I telling myself right now and where did they come from?
 2. What one small thing could I do today that would make a difference?
 3. How can I break this down?
 4. Who do I need to talk to and gain inspiration from?
 5. What is the real impact I want to make?





How many times will
you fall in that hole?



A THANK YOU GIFT!

Go to <http://bit.ly/gainmomentumnow> to grab my:

**“From Procrastination to Brilliance
12pt Checklist”**





Go to

<http://bit.ly/gainmomentumnow>

For your free

**“From Procrastination to Brilliance
12pt Checklist”**



f

Join the **EMPOWERED
BUSINESS LEADERS
COMMUNITY** on FB:

/EmpoweredBusiness Leaders



Connect and Learn more at
BrendaKolasa.com

