

Date: _____ Location of writing: _____

Your Stuck Spot

I was listening to a meditation recording of Deepak Chopra's the other night. Deepak said one thing that caused me to stop the recording, rewind, replay, and rewind it again. He was talking about how our stuck spots in our lives are revealed by repetitive thoughts, feelings, and statements. In other words, if you find yourself complaining or talking about the same thing over and over, the chances are this is one of your stuck spots.

This truly struck a chord of sublime resonance with me. I felt completely busted – in a good way. It made me realize that rather than ignore or abolish these stuck spots in my life, maybe it was time to use them to gain some new momentum: in other words, re-write my Repetitive (and oftentimes boring) Statements into Rev-Up Statements.

I decided that it was time for a little qualitative research. I created a journal chart so that I could really look at what is going on. Every time I talked to a friend or family member or even a co-worker and heard myself complaining about the same old-same old, I wrote the topic down in one of the boxes on the left. In some boxes, I wrote down what I said verbatim. Other topics I summarized a general idea.

Pay attention to your thoughts, words, feelings, and actions and record some of the more repetitive ones on this chart.

Stuck Spots	Your Re-writes

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What is one (or two or three) of the more repetitive Stuck Spots on your list?

The Stuck Spot	Your Major Re-Write

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Re-write one of your favorite Re-Writes below and make a list of fun and proactive actions that will move you out of your stuck-ness.

Your Re-Write	Pro-actions you can and <i>will</i> take
	<ol style="list-style-type: none">1.2.3.4.5.6.7.8.

“You become what you think about most of the time.”

– Brian Tracy

Life is a lively event that asks us to do our best to be in the moment with a happy heart and a clear mind. *We grow when we choose to change our thinking and our choice of words.*