Getting Unstuck

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A Personal Resource



What holds you back?

This powerful question can help you, your team or your organization identify what may be holding you back from walking in greater freedom, making your best contribution or going to the next level.

Arrow uses a bungee cord illustration for this question. Imagine a bungee cord on the back of a leader's belt; the cord getting tighter with each step until the leader is literally stuck and can't take another step.

The point is that all of us (our teams and organizations too) have bungee cords attached to us. We might not notice some cords at first. But as we move forward over time, we begin to sense resistance and feel something is holding us back. Without taking steps to get free of the bungee, we get stuck.

Take a moment to reflect on this list and fill out the worksheet which follows. What could be a next step for you, your team or your organization to walk in greater freedom—the freedom we are offered through Jesus' work on the cross?

Get unstuck in these five common areas.

1. Skills — Is there a practical skill you need to thrive? A course, a coach or a professional development plan can help here.

2. Resources — Would a key person, more funding or _____ free you to move forward? How could you get this resource?

3. Self-Awareness — Could knowing yourself better help you move forward? We use assessment tools, 360 feedback and personalized coaching to help people see blind spots and know themselves better.

4. Mindsets — Is there a soundtrack in your head that is negative or false? Is how you are thinking holding you back? What mindset shift would help?

5. Spiritual — Unforgiveness, believing false labels about ourselves, secret/unconfessed sin, pride, idolatry and insecurity are examples of spiritual bungee cords. Asking the Lord to show you spiritual bungees, repentance and embracing God's truth are three key steps in this area.

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1. Skills

2. Resources

3. Self-Awareness

4. Mindsets

5. Spiritual

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