

Get Unstuck!

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. Some cords we may not notice 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 can get stuck.

Get Unstuck in These 5 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 one-to-one mentoring 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.

Take a moment to reflect on this list and fill out the worksheet on the backside. 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?

*Did you find this helpful? To find more tips and tools for Jesus-centered leadership subscribe to the *Sharpening Leaders* blog at www.sharpeningleaders.com*



www.arrowleadership.org

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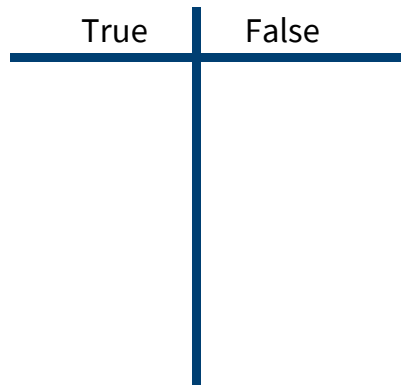
Action Steps to Get Unstuck

1. Skills —

2. Resources —

3. Self-Awareness —

4. Mindsets —



5. Spiritual —

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