

5 Steps to *Beyond Stuck*



As a high achieving author, entrepreneur, and business executive who was named Kosciusko's 2011 Working Woman of the Year, I found myself at a great job, happily married and the mother of three beautiful kids, but I was stuck. I had encouraged and walked beside many women in their journeys to move forward,

but I was not moving forward. I was frustrated with life and felt like the walls were caving in around me. I couldn't breathe...it was as though life was seeping out of my being. Each day had become routine and filled with tasks that were checked off the never-ending "to do list", but there was little fulfillment. I had never been in this place before and it must have been pretty noticeable because out of the blue one day, my husband asked me if I was happy. I thought about it for a second and said, "yes". Why wouldn't I be happy with a great job and home life? But something was missing. I was no longer motivated to do my best because I was no longer being challenged in my career. I had accomplished just about everything that could have been done in my current role as a nonprofit executive and was bored. That boredom led to frustration and eventually I was settling for the stifling pace of mediocrity. I had two choices. I could stay where I was and settle for less than the life I dreamed of or I could take some difficult first steps and move in a different direction. After several months of prayer and meditation, I began looking at my options. I read a couple books by Valorie Burton and became inspired and re-energized. I fought back the fear and forced myself out of a paralytic state to take those difficult steps. Along the way, I encountered a book that changed my life and pushed me to get "beyond stuck". I later invested in a coaching program to add to my skill set and began to tap into a career that allowed me to thrive. I created a life that helped me go "beyond stuck" and allows me to help others go there too.

I no longer feel unhappy or bored. With the help of coaches and sheer hard work, I've created a life I love! I'd be honored to help you create that same feeling of

happiness and fulfillment. Did you know happiness can be learned and developed? Working with a coach has many rewards--one of which is getting major results quicker. As your life coach, I will gently guide and push you towards your dreams providing accountability and motivation. With over a decade of experience working individually and in small groups with women as a mentor, biblical counselor, consultant and now coach, I'm trained, skilled, and experienced in helping you reach your goals and thrive in life.

Here's what some of my clients have said:

"My life coaching experience with Coletta has been both beneficial and refreshing. She has helped me identify weaknesses in my thoughts and behavioral patterns and the root cause of these weaknesses. Coletta has and continues to help me shape these areas of my life by providing me with practical, yet creative solutions alongside thoughtful encouragement. She offers a safe and trustworthy ear and I always feel at ease talking with her. I highly recommend Coletta for anyone needing help with direction in their life." -V.M.

"Coletta has truly been an inspiration to me. She encourages me to do better and she helps me come up with different strategies to achieve my goals—strategies I would have never thought of on my own. Coletta helps to bring out the best in me. And, I am very grateful for that." -A.F.

5 Steps to Beyond Stuck

1. Realizing you're stuck is the first step to moving forward.
2. Creating a realistic, authentic personal mission statement will guide you to your vision.
3. Writing your vision statement and creating a vision board or vision portfolio provides visual reminders of where you're going.
4. Taking small action steps each day or each week will lead you to accomplish your goals.
5. Celebrating victories, even if they're small, will keep you motivated and moving forward to remain "unstuck".

If you're ready to go "beyond stuck" with me as your personal coach, **schedule your complimentary 15 minute session by clicking on the link below** so we can begin creating the life you were born to live!

<https://squareup.com/appointments/book/1DNZHWF0PSD01/moveu4ward>

-Coletta J. Patterson