



7 Savvy Ways to Get Unstuck and Off Your “Buts”

Simply believing you are stuck can keep you stuck. Want a constructive belief that propels you forward? “I am The Savvy CEO of everything in my life.” Your mind is the brains of Operation Self Savvy, and your emotions are the fuel that powers your thoughts into manifestation. Think, Speak, and Feel into productive and purposeful intentions and you will rebuild your whole world.

Only You are the Boss of You

As Savvy CEO, you are the core of everything in your life. You hold the power to create or cull anything you choose through your thoughts and feelings. What you think creates everything. Every single thought and feeling you have pings out into the Multiverse and echoes back to you. What you truly believe - in faith or in fear - manifests to reflect your expectations.

Let that land.

With every thought and feeling builds everything around you: situations, opportunities, people, money, health, resources, e-v-e-r-y-t-h-i-n-g around you. Ask: Is this thought or feeling getting me what I want?

Tip: Your subconscious mind drops all the negative words. “I don’t want a relationship that tears me down.” Translates to “I want a relationship that tears me down.”

Savvy thought? “I want a relationship that builds me up.”

Begin and End with “What do I want?”

Fear, doubt, and constant "buts" keep you stuck and focused on what doesn't work, halting your progress. Mind running riot? Stop.

Ask yourself, "What do I want?"

Think only in propelling terms. Then ask, "Is this thinking getting me what I want?"

Stop! Everything That Hasn't Been Working

Stop the downer loop of Non-Savvy Self-talk. Stop thinking and talking about the how's and whys, circumstances and events leading up to you being stuck. Stop the hamster wheel of telling people your sad story. They have plenty of their own. Stop giving time and energy to the past. If you are constantly looking back, you can't and won't see your way forward.

Ask: "Is this getting me anywhere?" No? Stop with the avalanche of negativity. Think in terms of forward motion.

Cut the “Buts”

“But you don't understand!” You don't realize the power you give to your “buts.” Buts do NOT propel you forward to what you want. Buts are safety nests that keep you in your comfort zone. You must risk leaving your safe place to reap rewards. If you don't go, you won't grow. Cut all "buts" out of your self-talk (and all talk) or you will never get what you want.

Become Self Aware

Recognize every time you say the word "but" and reword your statement to a Savvy self-serving one. Be purposeful.

Ask: Is this thought or feeling getting me any closer to what I want?

You know what you don't want so write those down, including your butts. Then write the opposite without butts. What do you really want? No matter how crazy it might seem. What makes you smile? Dream big here!

Trust Yourself More Every Day

“Well, how do I do that?”

You know better! You just don't trust that you do. What would your inner 5-year-old do? Savvy Young You was born believing that you knew everything before adults go their mitts on you. And you took what they taught you - all their words and beliefs - and continued to talk yourself into being stuck long after they finished with you.

When making any decision, ask yourself “What do I FEEL about this? Feel into what you want. Where do you find that feeling in your body? Do you feel calm and in control? Breathing easily? Does it make you happy? Trust that. Do that. You know what feels right.

Believe Anything (You Want) is Possible

You build and operate Your Savvy Self. If you don't believe it's possible to have what you want, you must rewrite over that old program. There is more than one way to do anything. Mindfully construct your Savvy Self-Talk, stick only with good feelings and intentions, and you will open unlimited opportunities forward toward having what you want.

“Put your money where your mouth is” when seeking advice. Hire a qualified professional when you need to talk ideas through. Investing in strong advice, even spiritual advice, can be the leverage that serves to pull yourself out of being stuck. And you will trust a pro more than friends and family who might have agendas or bias. And Savvy CEO You can better decide whether to heed the help you hire or do things your own way. Never hurts to have a second opinion.

Limitless thinking produces limitless paths to what you want.

Now, what do you want?