

7 Critical Keys to Change the Situation When You Feel Stuck

Do you ever feel stuck? What should you do about it when you do?

Listen to this short podcast episode of *Your Faith At Work* on Charisma Podcast Network for seven keys to help you get unstuck today so you can go from a life of surviving to a life of thriving.

The first key to getting unstuck and on your way to a life of thriving is to keep your own cup full and overflowing. You can't pour anything out of an empty cup. You must have your own cup overflowing if you want to go from surviving to thriving.

We all know that serving others is important and necessary to advance the kingdom. But too often we try to serve others from a place of being depleted ourselves.

So what fills you up? What gets you excited? What makes a great day for you? Podcasts? Reading? Writing? Slow starts to the day? Talking with friends? Prayer? Whatever it is, do it, and do it more consistently. Make it a priority to stay full.

You need to make time for it. You have to prioritize investing in yourself. There's a reason the airlines tell you to put your own oxygen mask on first: You can't help anyone else if you pass out. You can't be at your best if you're not full.

When this truth hit me, it was like a fresh awakening, and I felt the freedom to do what I enjoyed. It helped me understand the importance of the second key, which is to manage your state.

You are in charge of your attitude of mind and the kind of

atmosphere you create wherever you go. Why not have it be a faith-filled, Christ-focused, positive, uplifting atmosphere?

These two keys, keeping your own cup overflowing and managing your state, are critical to reaching all the potential God created you with.

Listen to this episode to learn more about these two keys and to get unstuck and unlock your God-given potential with the other five keys today. {eoa}

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