Stop Fixing Yourself: The Physics of Getting Unstuck with Jennifer Hough

with Jennifer Hough · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Jennifer Hough, CEO of The Wide Awakening and author of UNSTUCK: The Physics of Getting Out of Your Own Way, calls her work Scientuality, a bridge between science and spirituality.

- [ ] Write "or better" on the back of your vision board.
- [ ] Add "or better" to every page of your business plan.
- [ ] Start an "or better" evidence journal and, each night, write down at least three results that turned out differently from what you planned.
- [ ] Notice when you're analyzing what's wrong with you, and turn your attention to what you want to create instead.
- [ ] List the shoulds, musts and have-tos that make your work feel hard and confined.
- [ ] Check whether you're running your business someone else's way, and keep only the systems you need to work your own way.
- [ ] Treat each version of your work as a step to build on, not something that has to be perfect.
- [ ] Ask for and accept practical help when you're stretched, instead of doing everything yourself.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/how-to-get-unstuck-jennifer-hough/
Feeling stuck in your business? Book a private 75-minute Business Logjam Session with Kathi
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