

# The Magic to Getting Unstuck and the 5 Keys to Demolishing Your Limits!

**They were stuck.** A billion-dollar division with no way to collect money.

I came in and within one week they were collecting money where they had spent three months and had nothing.

**He was stuck.** He wanted to retire from the fire department but didn't know how he could and what he could do.

I knew he loved fishing so I taught him to fly fish and by the next season he had his own drift boat, was guiding fly fishing tours, and loving every second of it.

**I was stuck.** After recovering from cancer and some other issues that required 4 major surgeries in 3 ½ years I needed to restart my business.

My coaches and advisors told me I needed to write a book. I had never written a book and didn't even know what it would be about but I made the decision to write one anyway because my coaches told me to. 100 days later I had 100 copies of the completed book *"Me, Inc. – Your Life IS YOUR Business!"* in my hand and was selling it on both Amazon (in paperback) and Kindle.

Of course these stories all have one common thread – someone was stuck and needed help getting unstuck so they could move forward with their businesses, careers, and lives.

That's what I do. I help people get unstuck by raising their level of self-leadership which changes them and creates new possibilities.

I do that with large organizations, small organizations, disorganizations, and individuals. I help them get unstuck so they can reach their full potential.

I'm Cevin (pronounced Kevin) Ormond, "The Master of Self-Leadership", and am an internationally recognized speaker, best-selling author, coach, and trainer who brings a tremendous breadth of experience that I'm able to use to connect with my audience.

Over 26 years more than 300,000 people in 10 countries and territories have benefited from my expertise, experience, talent, and wit.

I'm Kevin with a C and if you Google my name it'll take you 10 pages to find someone that's not me! I'm the easiest person on the planet to find.

## **We All Get Stuck!**

**It happens to everybody!** - It's a truly universal experience. Sometimes we are stuck with a bad job or a difficult boss or co-worker. Sometimes it is a bad relationship - whether that relationship is professional or personal. Sometimes it is a business or school issue. It might be a significant health issue or just a few unwanted pounds. I'm not talking about the normal everyday problems, bumps, and setbacks that are part of everyday life but those times when we are really, really stuck about something critical to us, our happiness, and/or our success.

The issue, however, is always the same. For one reason or another we feel "stuck" – unable to quickly and easily resolve the situation and essentially paralyzed, stuck, frustrated, and incapable of moving forward. If the problem is big enough or far enough out of our comfort zone or our "box" we can be paralyzed by anxiety, worry, and fear – to the point that we spend the majority of our time and energy sitting around consumed by these feelings and doing nothing else. That fact actually tells you the first step to getting unstuck...

**MOVE!** – You **MUST** start moving! The cure for fear, paralysis, and "stuckness" begins with action – any action! Almost any action on your part will help reduce the fear and relieve the paralysis. Even a mistake (within the limits of what's legal, moral, and ethical, of course) is better than doing nothing because it gives you a chance to make things better. That being said there are better first movements than others and one of the best is...

**Get Some Help!** – Find someone who can help you with the issue(s) you are stuck about. Ideally, it will be someone who has "Been there, Done that, Bought the T-Shirt" – in other words someone with experience with the same issue you are wrestling and success in overcoming that or similar issues.

While experience with the same or similar issues is important, it is not enough. The person you choose as a coach or mentor must be able to connect with you deeply, assess the "real" core problems and issues, communicate effectively with you in ways that work for you, and "hold your feet to the fire" or make you accountable for the actions, timetables, etc. that you need to identify, set, and commit to in order to get "unstuck" and get moving forward again. If you don't know someone like this then you must use your network and your networking skills to find them. [Contact me](#) if you need help finding someone.

Sometimes all you need from this person is a book, webinar, simple coaching call, or something else along those lines. Other times you will need more substantial coaching and mentoring over an extended period of time. In any case there is one critical (and very subtle) factor that most people are not aware of that will make or break your success and effectiveness...

**You MUST pay something for what you get!** – This is a Universal Law! If you want Full Value you **MUST** pay Full Price! You will not value what you are getting, you will not have the hunger inside, and you will not achieve the long-term, long-lasting effect you are seeking any other way because you cannot make the changes you need to get unstuck and to stay unstuck if you don't do this Most Critical Step. I've seen this effect many times.

The only people who ever Read My Book and Gain The Value in my book are the ones who actually Buy My Book! Please don't misunderstand me - not everyone who buys my book reads it but almost no one who I have given it to has ever read it and because they haven't read it they can't gain the value contained in it – it's that simple! This is also true for my webinars, my coaching, my speaking, my training, and everything else I do to help make the world a better place.

And I am not alone in this. This same effect is true for every service provider I know and I would be willing to bet it is true for the ones I don't know as well. If someone does get a nugget or two of value from a webinar, book, speech, or whatever that they got for free they never get as much from it as the person sitting next to them that paid full price – NEVER! As I said earlier this is a Universal Law that has to do with the details of how human beings are wired physically, emotionally, mentally, and spiritually.

Jim Rohn put it this way: "Integrity says 'I wish to pay full price for every value.'

This is actually a matter of self-interest because it builds you up. Of course, this does not mean you don't search for the best value for the money.

It means that you pay for value.

Here are two reasons this is important. It makes more of what and who you are. And it sets a tone that attracts other like-minded people.

When you exchange value for value, everyone profits. And everyone walks away feeling good.

With this frame of mind, your mind of success will attract more and better clients, have fewer hassles, and insure the best kind of repeat business.

Why? Because there is an atmosphere of mutual respect all around." Next...

**You MUST change!** – At the very least you must change something (or many things) that you are currently doing (or not doing – hence the "Action" step). You will likely need to change something about who you are and how you think as well. This change may be minor and something you can do immediately. It may be major and something that requires tremendous effort and an extended time period to accomplish. Or (most likely) it may be something between those two extremes.

In any case you must change something. Albert Einstein said, "We cannot solve our problems with the same level of thinking that created them" so changing your thinking is the first step. You must change your thinking and beliefs initially so that you believe that you can and will get unstuck. Without that baseline you can never move forward because you will not have sufficient faith to act and you will continue to remain stuck.

Once you have started changing your thinking (with the help of your coaches, mentors, and their materials) you must change your actions. Einstein is also attributed with saying, "The definition of Insanity is doing the same thing over and over again and expecting different results" so this means you MUST also change your actions as well as your thinking. Finally...

**Be Humble!** – This is one of the hardest things to do and yet is at the core of this whole process. When one of your coaches or mentors suggests that you do something difficult, uncomfortable, seemingly too simple, that will not produce immediate results, or anything else they suggest (as long as it's legal, moral, and ethical), commit and actually follow through and do it.

Remember that good coaches and mentors ALWAYS tell you to do things like that. That is the nature of change and change is required in order to get unstuck. If it doesn't stretch you and get you out of your comfort zone it will not help you.

Being humble means being teachable. You can and should "trust with your eyes open" and ask clarifying questions if you don't completely understand what you are being asked to do and why you are being asked to do it but you must trust and implement ideas, suggestions, and advice or you will remain stuck.

This is why it is so critical to work with someone you connect with and relate well with. No one relates well with everyone so take care to choose your coaches, mentors, and advisors carefully and don't hesitate to find others if it turns out that your first choices are not working for you because being humble also means being responsible, accountable, and decisive.

I hope you have found this information valuable and I hope it will motivate you to take the steps necessary to get yourself unstuck. If you are interested in working with me in a coaching, mentoring, training, or speaking capacity or would like me to help you find someone to work with please [Contact Me](#). You can also buy my book [HERE](#). All the best in Getting Unstuck!

Cevin Ormond  
"The Master of Self-Leadership"  
Speaker, Expert, & Best-Selling Author of  
*"Me, Inc. - Your Life IS YOUR Business!"*  
[CevinOrmond.com](http://CevinOrmond.com)