



Episode 95: 3 Conversations Which Will Get You Unstuck

with Annie Hanekom

When you feel stuck, you may lose motivation to do anything else. Creativity doesn't strike, you're easily stressed, and everything seems like a chore. These feelings can lead to overwhelm and burnout. But there are three simple conversations you can have that can transform how you feel and improve your focus.

In this episode, Rachel and Executive and Team Coach, Annie Hanekom discuss the conversations you need to be having with yourself and others to get you unstuck. These three questions liberate you from the stress and fatigue that comes with depletion, allowing you to focus on the things that matter in the long run.

Ask yourself the three questions to transform your life and create meaningful relationships with this workbook!

Podcast links

Get simple tools that you can use to support your team for resilience, productivity, and wellbeing, and get a happy, thriving team. Become a member of the [Resilient Team Academy](#) now! Open to new members until the 3rd November.

Are you a leader in health or social care? Know how to build a robust team through difficult times without burning out yourself by registering for our [free webinar here!](#)

Check out our [Permission to Thrive CPD membership](#) for doctors.

Find out more about the [Shapes Toolkit](#) training, talks and workshops.

[Sign up here](#) for more **free** resources.

Join the [Shapes Collective FB group](#).

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

Listen to other You Are Not A Frog Episodes with Annie Hanekom:

[Episode 39: How we show up through the lens of the Enneagram](#)

[Episode 75: How to Escape the Drama Triangle and Stop Rescuing People](#)



Guest links

Connect with Annie: [LinkedIn](#) | [Email](#)

[Fierce Conversations](#) by Susan Scott

[Essentialism](#) by Greg McKeown

[Free to Focus](#) by Michael Hyatt

Nancy Klein's [Thinking Partnership Programme](#)

Quote to remember:

'The conversation is the relationship. And so, the quality of our conversations really do matter.'

What You Will Learn

It is normal to feel overwhelmed and scattered sometimes. You might need a break from everything to get some well-deserved rest. But for fatigue that goes beyond the physical, you will need a much more than a time-out. You need social connections and meaningful conversations that will help you take control of your life.

First, you must identify what you're feeling. Physical fatigue and depletion seem similar, but they require different approaches to overcome them.

After identifying your current dilemma, it's time to ask yourself the three key questions: what's in your control? Where is your focus? And what story are you telling yourself? These questions are deceptively simple, but extremely powerful. Through these, you can free yourself from excess baggage, focus on the truly important things, and rid yourself of negative thoughts that are holding you back.



The activity below can help you refocus and regain control of your life. By asking yourself these questions and having meaningful conversations, you can break free from feeling stuck and pursue the things that really matter to you!

Activity: Creating Meaningful Conversations

The pandemic and the resulting health and social distancing protocols has left many of us feeling less connected with each other.

How would you describe the quality of your conversations lately? Are they more task-focused? Do they motivate or deplete you?

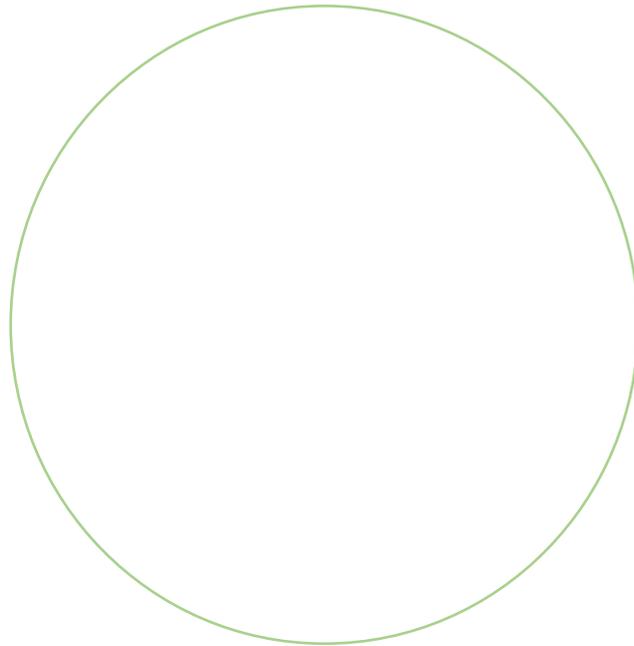
Are you feeling physical fatigue or depletion. Once you identify what you're feeling, **write down at least six things you can do to overcome that.**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

The first meaningful conversation you can have is to **work out what's in your control**. It provides mental freedom by revealing the things you can let go and the things that are not worth stressing about.



First, write down the things you can't control outside the circle. Next, inside the circle, write down the things that are within your control.



Based on what's inside your zone of power, **what are the things you can do to gain control of the situation? What other choices do you have?**

Being busy makes us feel good about ourselves. It makes us feel that we're doing something worthwhile. But there's a danger to getting addicted to busyness and attaching your self-worth to how busy you are. You risk getting overwhelmed and burnt out.



Where is your focus?

Fill out the prioritisation grid to work out what's important and what's not.

Through this, you can determine the things that are truly serving you and your goals.

| Do <i>(Important and urgent)</i> | Schedule <i>(Important but not urgent)</i> |
|--|---|
| | |
| Delegate <i>(Not important but urgent)</i> | Eliminate <i>(Not important and not urgent)</i> |
| | |



Reflect on the things you're focusing on right now. What should your priorities be?

How could you refocus your energy and plan to focus on these priorities?

Thinking partnerships are a great way to gain a clearer perspective on your situation. Knowing that someone is listening to you inspires a deeper level of thinking, allowing you to reach solutions to your conundrum that you wouldn't otherwise think about in isolation.

Find a thinking partner and set aside time for a conversation with them. Before having the conversation, make a list of things you want to bring up.

No need to think deeply about it; that'll come during the conversation. For now, just **list the general things that are weighing on your mind right now.**

1. _____

2. _____



- 3. _____

- 4. _____

What were your realizations after the conversation? What solutions were you able to come up with?



What story are you telling?

Sometimes, we tell ourselves negative stories and accept them as facts. **But not all stories are true.**

What's the story in your head right now? Write them down, then flip those thoughts by changing them into positive ones. Alternatively, share these thoughts with someone else and write down how they respond.

| The story I'm telling myself is... | But the reality is... |
|------------------------------------|-----------------------|
| | |

CPD time claimed:

For more episodes of *You are not a frog*, check out our website www.youarenotafrog.co.uk follow Rachel on Twitter @DrRachelMorris and find out more about the [Permission to Thrive](#) CPD membership for doctors and online and face to face courses on surviving and thriving at work at www.shapestoolkit.com

