STUCK

Solutions To Uplift Communities & Kids

A 5-step guide to GET ANCHORED & KEEP CLIMBING

Identity

Reprogram your vision of self and learn to love who you are. Identify what you like and dislike about yourself. Change the things you can, and accept what you cannot.

Self-Care

Identify distractions & obstructive behaviors, set goals, boundaries, and create a self care routine.

Relationships

Re-examine relationships, rebuild the ones that are worth saving, and replace the ones that need to be terminated.

Finance & Education

Strategize to gain legal financial security. You may need to return to school or obtain a second job.

Community & Environment

Visualize where and how you'd prefer to live. Identify ways to create positive changes in your community.

© Copyright 2021 STUCK - Solutions To Uplift Communities & Kids • STUCK617solutions@gmail.com

STUCK Solutions To Uplift Communities & Kids

617.888.4258 EMAIL: STUCK617SOLUTIONS@GMAIL.COM WWW.STUCK617.COM