



# *Fearfully* & *Wonderfully* *Made* ~ How to Get Unstuck in Your Nurse Educator Role

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*"I Beautiful"*





# Unique!

- *Beautiful*
- **STUNNING**
- Astounding
- *Designed Perfectly*
- Brilliant





A photograph of ocean waves crashing onto a sandy beach. The water is a deep teal color, and the foam is white and frothy. The waves are moving from the background towards the foreground, creating a sense of motion and energy. The sky is a clear, bright blue.

DISCOVER

DECIDE

DECLARE

# My Notes

- Decide = means to kill off
- Like the word PESTICIDE or HOMICIDE
- So when you decide to be a cheerful giver, you decide to kill off a posture of being resentful or a heart posture of being reluctant



# Objectives for How to Get Unstuck in Your Nursing Education Role:

- (1) Describe characteristics of being "Stuck" in your Nursing educator practice*
- (2) List strategies to resolving issues experienced due to being "Stuck" in your nursing education practice.*
- (3) Identify areas for change to create new growth in teaching and program methods*
- (4) Describe tools to enhance neuroplasticity to grow nursing education practice*

# Stuck

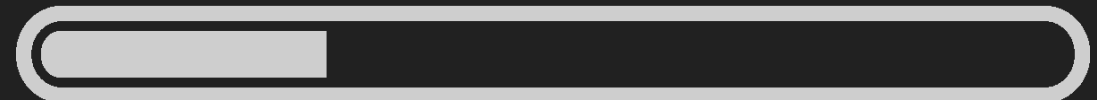
- Unable to move from a particular position or place, or unable to change a situation
- Stuck lives in the past tense







# Your body gives you a signal



**LOADING**  
PLEASE WAIT...



# Feeling Stuck is a Sign You Need.....

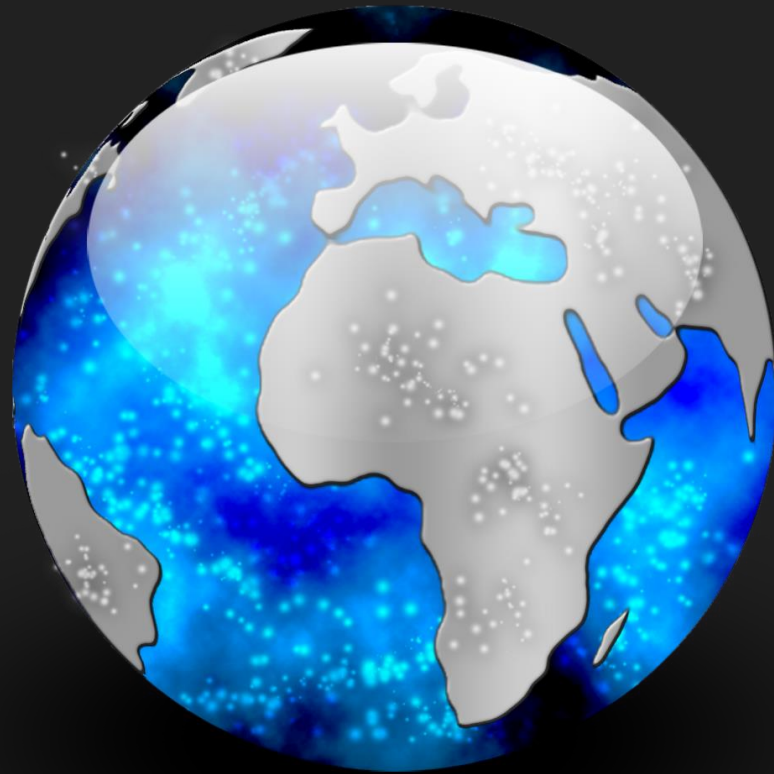


*G*ROWTH

# There's Nothing Wrong with You!

## You Simply Need Exploration!

Take a class  
Get a new hobby  
Try a new challenge





# 8 Ways You Might be Feeling Stuck If:

- You're caught in the trap of spinning 'What-If' thoughts
- You're convinced it's too late for you
- You're convinced others are going to judge you
- You always revert back to old ways and habits
- You continually feel you've accomplished nothing in the day
- You keep worrying about things endlessly
- You don't feel enthusiastic about lots of things
- You feel lethargic and tired

# But What If it ALL Works Out?!





# Willpower won't get you there....

## ○ FRAMEWORK FOR CHANGE:

- Implementation Intention
- Failure Pre-mortem
- Reward – bring the reward into the present
- Be the architect of your environment
- Give you goals space on your calendar



DOING NOTHING AT ALL

VS

MAKING SMALL CONSISTENT  
EFFORTS:

$$(1.00)^{365} = 1.00$$

$$\underline{\underline{(1.01)^{365} = 37.7}}$$



# Neuroplasticity





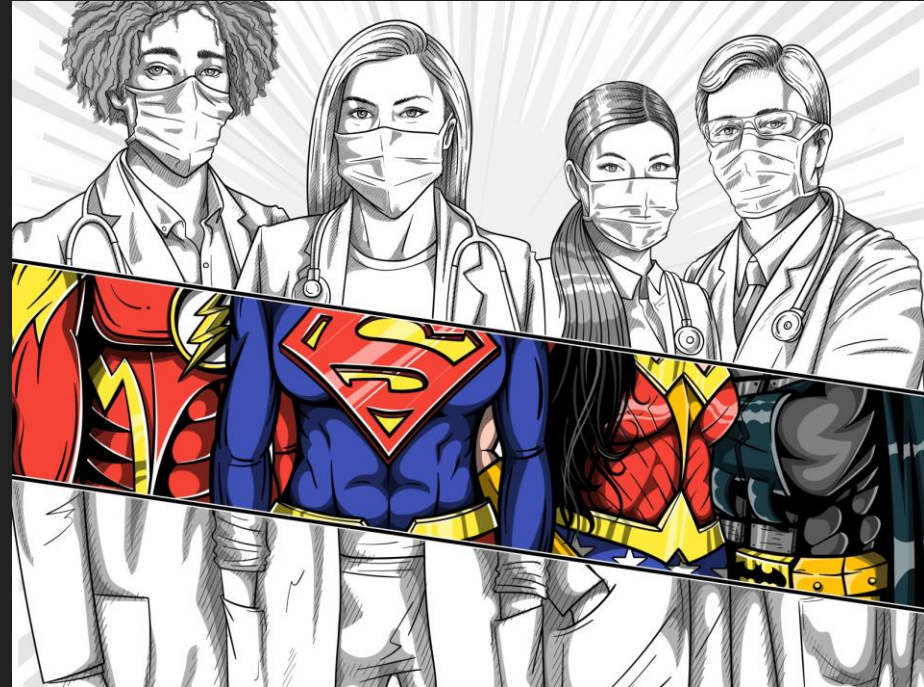
# OUTLAST THE TEMPORARY





# HOW DO PEOPLE SHOW UP IN 20 YEARS?

- INVISIBLE
- VICTIM
- HERO
- SERVANT LEADER



# MY NOTES - ED MYLETT, ETC...

- WE CHASE HOW WE THINK IT WILL MAKE **US FEEL!!!**
- WE'RE REALLY CHASING OUR EMOTIONS
- EXAMPLE: PEACE, EXHILARATION, PRAISE, JOY, CHAOS, LOVE, EXCITEMENT,
- WHAT EMOTIONS DO I WANT TO EXPERIENCE ON A REGULAR BASIS?
- WHAT DO I NEED TO THINK OR BELIEVE IN ORDER TO GENERATE THAT EMOTION?

# The Quickest Way to Get Unstuck....

- To Have Something to Look Forward to!
- Curious
- Purpose
- Passion











# What/Whom are you Jealous Of?





**What are 3 things that Energize you?**

1.

2.

3.

**What are 5 things you are Curious about?**

1.

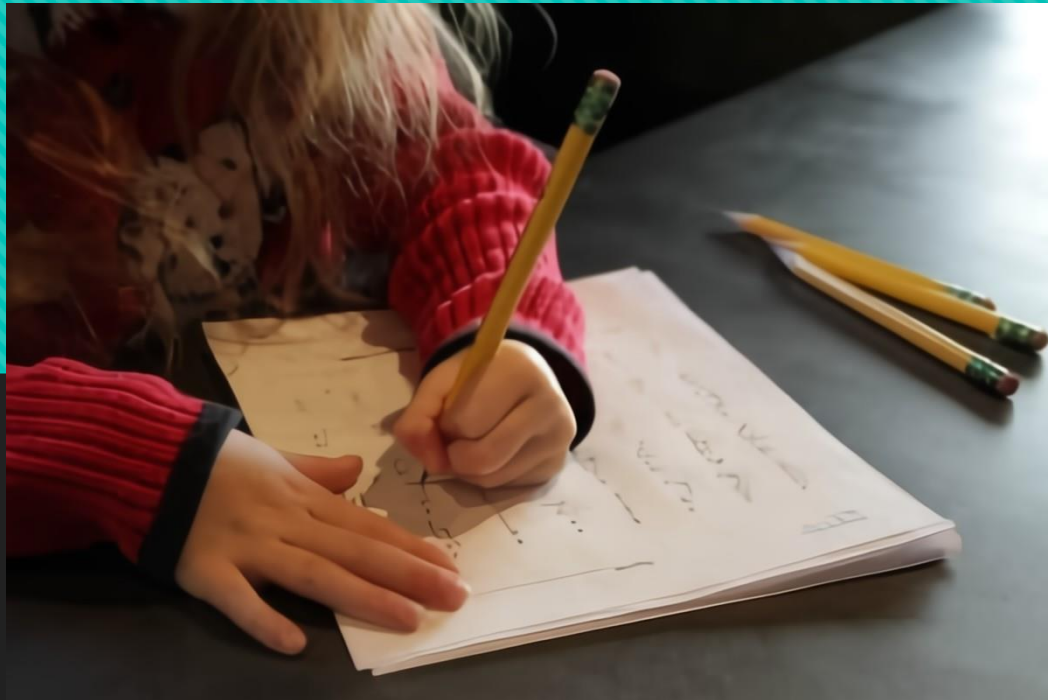
2.

3.

4.

5.

Worksheet Time









*December 31, 2023*









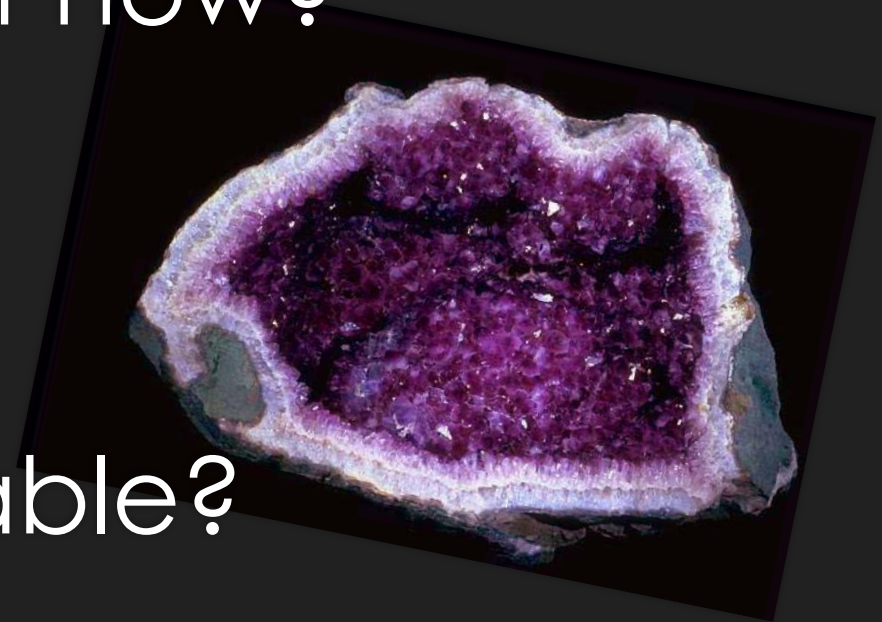
# What is the Cost to You of Staying “Stuck”?


What does your life look like in 6 months if it STAYS just the way it is right now?

In 5 years? 10 years?

What is the cost to you?

What is YOUR NON- Negotiable?



A close-up photograph of a person's hand holding a small, torn piece of white lined paper. The paper has a jagged, deckle-like edge. On the paper, a quote is handwritten in black ink, with the word 'dream' written in red ink. The background is a soft, out-of-focus green, suggesting foliage or trees in sunlight. The lighting is warm and natural, creating a bokeh effect with light spots in the background.

Life holds special magic  
for those who dare to  
dream

*© Richard Paez*



# My notes

- Passion is Energy
- What are you curious about?
- Where are you Jealous? Of whom are you Jealous?
- Follow the Jealousy to discover where you need to unlock the inspiration to grow
- Your passion IS your purpose – your purpose is to be Visible – to be truly seen

# Passion is Energy

- Follow Your Curiosity
- Follow the Jealousy
- Practice Gratitude



*IDENTITY*  
*Who am I?*

Habits change  
into character.

– Ovid



# MY NOTES

- OUR IDENTITY EMERGES OUT OF OUR HABITS
- HABITS ARE THE PATH THROUGH WHICH WE ACHIEVE INTERNAL CHANGE
- HABITS ARE THE COMPOUND INTEREST OF SELF IMPROVEMENT
- IMPLEMENTATION INTENTION – INCREASES SUCCESS 2X – 3X W/A WRITTEN PLAN
- FAILURE PRE-MORTEM – 6 MTH FROM NOW...HOW DID YOU FAIL?  
'HOW TO KILL THE COMPANY', WHICH CHALLENGES DID YOU FACE?  
, WHAT BARRIERS? WHY DID YOU FAIL?

# Change Your

## IDENTITY

# Change Your Life





# My notes

- Be consistent
- Show gratitude for everything that happens to you

# THE BEST WAY TO CHANGE LONG TERM BEHAVIOR....

- IS WITH SHORT TERM FEEDBACK
- BRING THE REWARD TO THE PRESENT!
- REPETITION!!





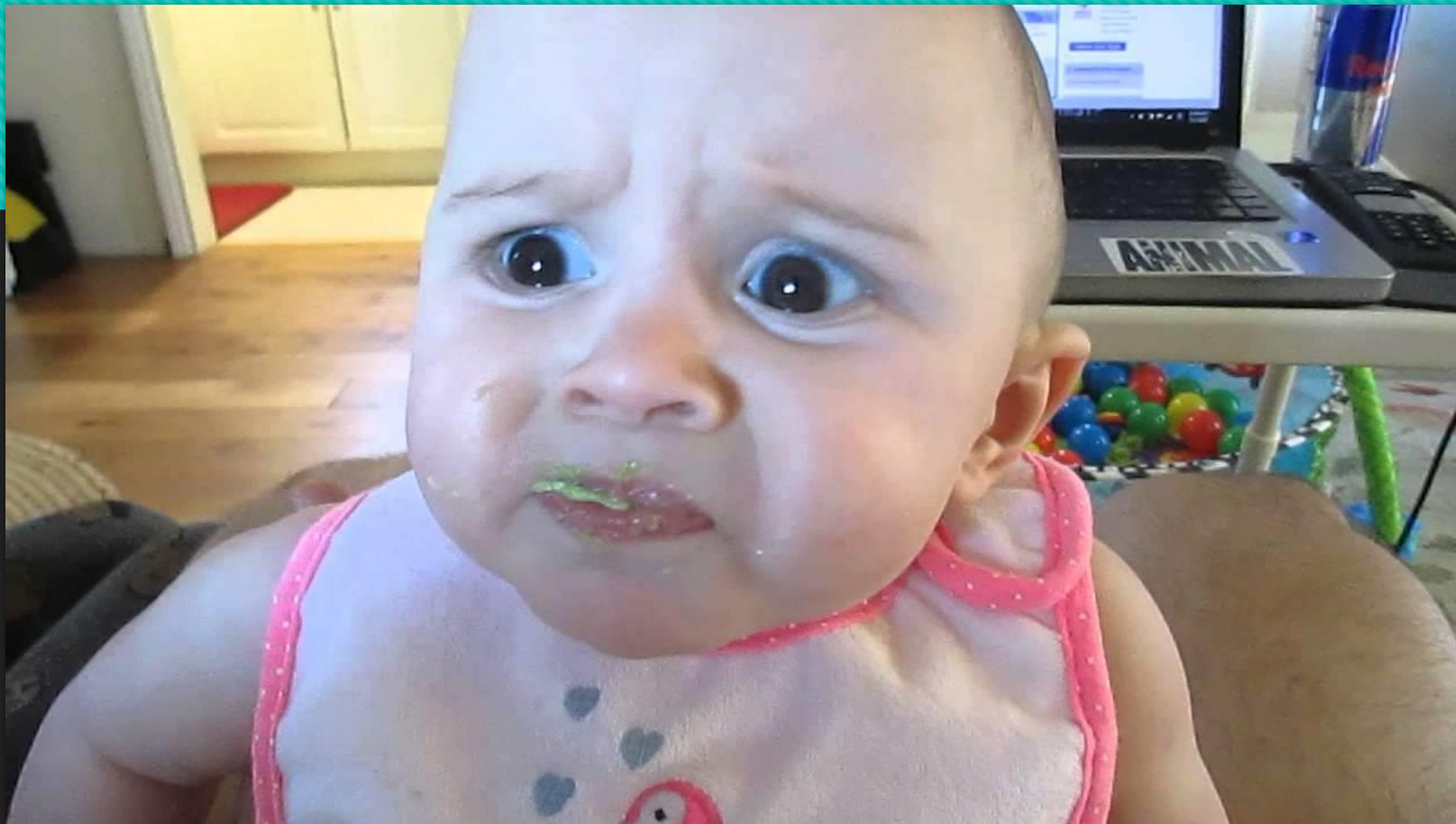


**“Make the Unfamiliar ~ Familiar”**  
**~ Marisa Peer**









# If it's not familiar, your brain is wired to reject it

- We choose the comfortable, the familiar, the safe
- You can make anything familiar if you want to
- “This is unfamiliar but I can make it familiar”
- It's not ‘hard’ – it's unfamiliar



You don't win a race with your  
legs!

You win with your mind!

Win in your Mind First

Worksheet  
Time

STAY FOCUSED/FIGHT/I SEE YOU WINNING/ALL I EVER  
DO IS WIN/EVEN WHEN I'M LOSING, I'M WINNING







# Small Habits Make a BIG Difference

- British Cycling Team
- 2003 New Coach
- 2008 Dominated the Olympics
- 2007 – 2017: 178 World Championships
- 66 Olympic Golds
- 5 Tour de France Wins



Small Changes = Big Results







*dream big*

*dream big*

*dream big*



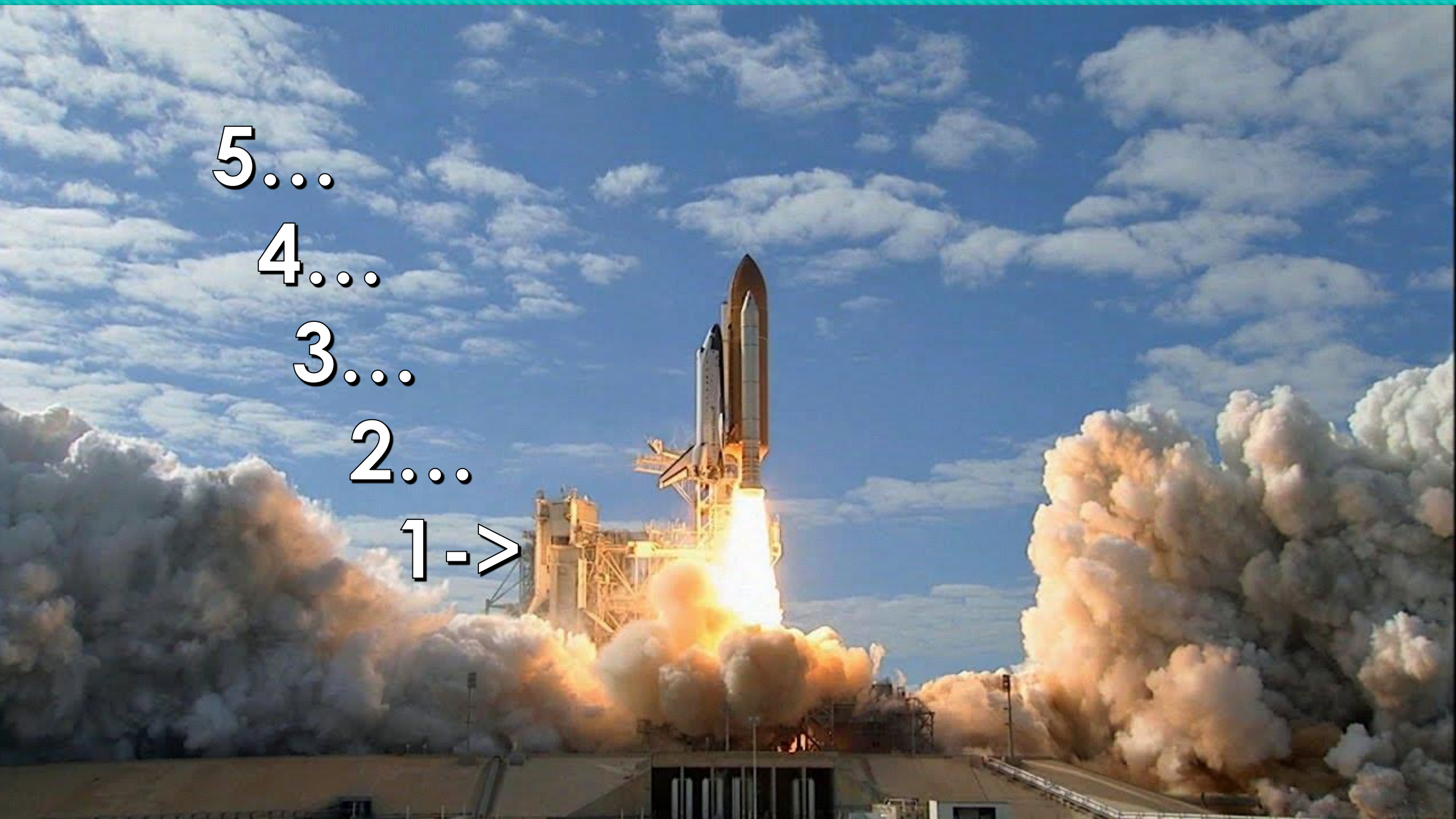
5...

4...

3...

2...

1->





# RECAP.....

○ TO CHANGE BEHAVIOR

○ CHANGE YOUR THINKING

○ TO CHANGE YOUR THINKING

○ CHANGE YOUR FEELING







**WHAT IS MORE POWERFUL?  
LOVE OR WATER**





*You* are One Action Away from a  
Different Life



You have Greatness inside you!

Many people die with their music still  
in them

Live OUT the Greatness inside you!

Embrace the uniqueness that is ALL You!



You ARE Fearfully AND Wonderfully Made!!

*Delivered with Love by Dianne xoxo*









*Discover*

*Decide*

*Declare*



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