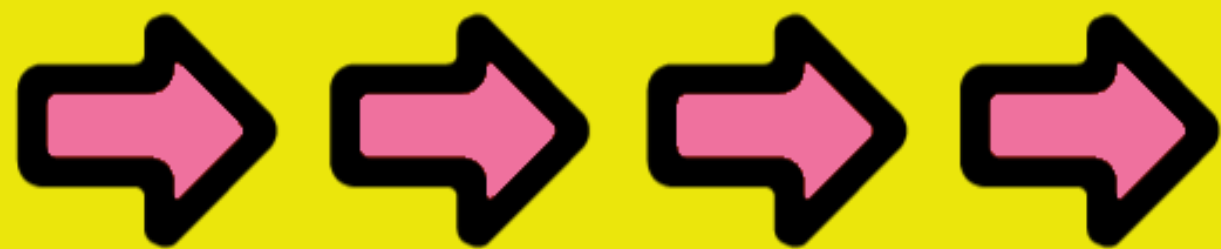


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**DO YOU FEEL STUCK,  
FRUSTRATED, OR BURNED OUT?  
IT'S TIME TO *REFRAME* WITH  
4 EASY STEPS!**

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# 1 **RECOGNIZE THE INNER CRITIC**

Sometimes, when we're feeling a sense of stuckness and just overall funk, we don't realize that our **inner narrative** is really loud and really negative.

# 2 AVOID ABSOLUTE LANGUAGE

Try not to think in absolutes. Avoid saying or thinking I *always*, I *never*, they *always*, or they *never*.

# 3 STOP ALL VERSIONS OF “WHY ME?”

Avoid saying or thinking  
*Why did this happen to me?*  
*Why are they doing this?*

# 4 REFRAME

Harness the power of perspectives by asking *what else might be happening?* Also, *what's happening with the other person?*

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**WANT TO LEARN MORE ABOUT  
GETTING UNSTUCK THROUGH THE  
POWER OF REFRAMING?**

**LISTEN TO...**

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**LIA  
GARVIN**



**HAPPINESS**

**at**

**WORK**

**THE  
MANAGEMENT 3.0  
PODCAST**



**MANAGEMENT 3.0**



**Lia Garvin** is an author, operations leader, and sought-after speaker who has worked with some of the most influential companies in tech. She has made it her mission to, in her words, “**humanize the workplace, one conversation at a time.**”

In this episode we speak about **internal obstacles to happiness** with Lia who has some unique approaches for not only moving past those internal obstacles, but for using them as the foundation of a **new, happier, and more satisfying career.**

