



BE UNSTUCK

The 52 Weeks
Get Inspired, Get Going, Getunstuck.

This group is for anyone who feels every day is Groundhogs day. It is for anyone who needs and wants more out of life, or is questioning who they are, or maybe just looking for a change. I personally felt this way and started researching ways to change this feeling. I found a book on Amazon called *The 52 weeks* by Karen Amster-Young and Pam Godwin. This book is about two friends living in New York City and wanted to get going again; they hit upon exactly what I was feeling.

Out of all the books I read it was this book that was the most unique and inspiring. I immediately related to how they described feeling stuck and how many of us do. What separates this book from all the others, is it is practical and provides the reader a simple blueprint, a roadmap to guide you through the process and create a list of 52 things you have never done before. It also helps you put the plan in place and move forward. All the others were just books with motivational words or as I call them, “cheerleader” books! *The 52 Weeks* explains how to get going and actually check off items from your list one by one as you complete or try them. *Your 52* is designed to be whatever you want it to be. The list can include things that are as easy as trying a new food or as daring as skydiving.

The plan for this group is to meet once a month, get inspired, discuss ideas, and motivate one other to follow through and be accountable for our lists. This group can lead to new friendships, new opportunities, and open doors you thought were forever locked. Hopefully, this group will even inspire some of us to try some of our 52 activities together. The group is open to men and women of all ages. If you want to understand more about the 52 approach before the group meets, buy the book or check out their website the52weeks.com. I am also working with

the authors to collaborate for this first meet-up and hopefully inspire and help people across the country. I hope to have some copies and helpful tools for the first meeting. Stay tuned for more details on this!

I started my 52 list on last year and I am currently on number 18. To see my projects so far go to my Instagram page @kimdietz_52weeksofnew or find me on Facebook Kim Ertel Dietz. I hope it will inspire you. I can't wait to meet you and discover an entire new world of experiences with you.