

Knowing Your 'No-Nos'

BUILDING CAPACITY THROUGH ADAPTATION



by *Harvey Kennedy-Pitt*
The Unstukk Consultant

~

dedicated to...

*my dear friend Shelley, whose
strong will and determination
keep me both driven and
inspired*

~

My story

I was stuck. Like really stuck. I was going through the daily motions in a career I knew wasn't going anywhere. I was focused on making everybody else happy and had sidelined my vision for my future...until I said, "No more."



Today, I am a highly-skilled public health professional, thought leader, and Charity CEO with experience spanning research, academia, education, direct patient care, community health coaching, health, wellbeing and equality programme development, strategic leadership, and operational management.

In my wider work, I specialise in community engagement, capacity building, and social wealth development. I take a multidisciplinary approach to public health innovation and practice.

As the Director and Principal Consultant at Unstukk, I support people and their organisations to build capacity through adaption, using public health principles.

I want to work with **you**.

About this book

What this e-book IS



Just a stepping stone to getting

unstukk!
Building capacity through adaptation

- A self-help book
- A standalone tool
- A one-size-fits-all
- A problem fixer
- The answer



What this e-book is NOT

find it - use it - share it >>>

unstukk!
Building capacity through adaptation

Let's get Unstukk!

Using this book



By now, you may have had a conversation with a coach or mentor about the power of ‘personal branding’. While we have absolutely no control over what others do or who they choose to be, we have 100% control over what we do and who we choose to be. This includes how we spend our most valuable resource—time—and who we choose to spend that time with.

Using the checklist included in this book, take a moment to consider which of the items you feel align best with your personal brand. Let's look at family, friends, finances, fun, work, and health. Ask yourself, "Is that me?", "Is that something I want to do/be doing?", or "Is that how I want to spend my time or energy?"

Remember, this book is just a stepping stone. The expectation is not that you go mad and completely uproot your life and world or make some incredibly drastic change. Instead, be open, be willing, be clear, and remember that it's the smallest decisions that lead to biggest, longest lasting changes.

Let's get Unstukkk!  

Let's talk...

Family

In an ideal world, you may picture happy families, skipping through open green spaces, laying down fruit and cheese picnics, with not a care in the world. The sad reality is that, as lovely as that sounds, let's be honest-- other responsibilities and demands can often get in the way. So, what's the solution?

Themed nights

Book in some
1-on-1 time

Capture key moments

Top Tip:

Make it a date!



Let's talk...

Friends

Friends can often be like chosen family. What is more, healthy friendships can bring much needed support during those tough days, honesty and insight, perspective, and an overall sense of joy! But sometimes this is not reciprocated.

So what's the solution?



Top Tip:

Be intentional.



We're saying 'no' to fake friends and wasted time.

Let's get Unstukk!

Let's talk...

finances

I'm sure you've heard it said, "Money makes the world go 'round!" This is true, but only if you have it to spend! In a world of many competing priorities, you want your money doing what you want it to do, not have your money telling you what to do. You'll soon find you have more money than you think.

Rainy days happen.

1

Normalise SAVING.

Paper money isn't everything!

2

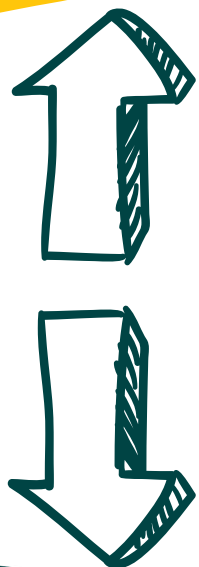
Consider INVESTING.

You don't ask, you don't get.

3

ALWAYS negotiate.

Top Tip:



incomings.

outgoings.



unstukk!
Building capacity through adaptation

We're saying 'no' to squander and yes to wealth.

*Let's get
Unstukk!*

Let's talk...

Fun

O

ne person's fun can be another person's horror! Contrary to popular belief, things don't have to be fun just because the crowd, or even the majority, say it's fun.

Instead, the energy you spend enjoying what others enjoy is so much better spent enjoying what *you* enjoy.



you know it's on brand if...



1 You remember it...



2 When you reflect, it makes you smile.



3 You'd recommend it to others.



4 You gained something from it.

Top Tip:

It's okay to say 'no thank you' to things you don't enjoy.



unstukk!
Building capacity through adaptation

We're saying 'no' to misalignment and *fake fun*.

Let's get Unstukk!

Let's talk...

Work

Let's be honest. Work is nothing more than a means to an end. Where it all goes south is when the need to earn becomes overshadowed by the work itself. Whether it's gaining new skills or identifying opportunities to add value, work CAN and SHOULD be fun. Make sure it's fun.

Sunday tingles
for Monday
mingles

Good
vibes for
9-to-5s

Joy or bust.

Joy or bust.

Joy or bust.

Present and
thriving--not
just 'aliving'



At this point, you're probably wondering, "What on earth is he on about?" If you are consistently apprehensive about going to work on Monday morning, it's time to hatch a plan and maybe even pivot. Even the toughest jobs can and *should* bring you joy.

Top Tip:

Work to LIVE. Don't live to WORK.

...and do it with JOY.

unstukk!
Building capacity through adaptation

We're saying 'no' to bad vibes and forced smiles.

*Let's get
Unstukk!*

Let's talk...

Health

W

e are nothing without our health. I repeat-- we are NOTHING without our health. Whether mental, physical, or emotional, we simply can't do right by ourselves or others when we aren't well. This, however, may come with some hard decisions.

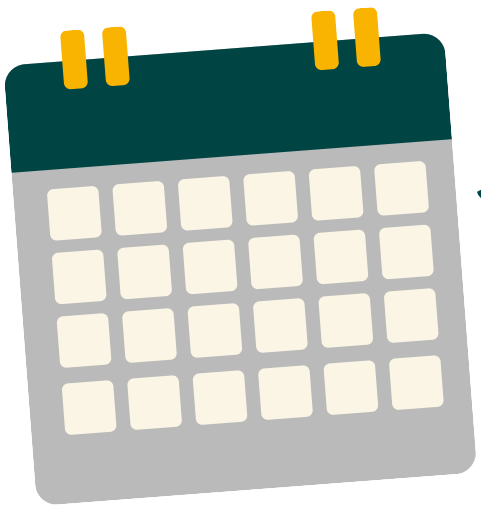
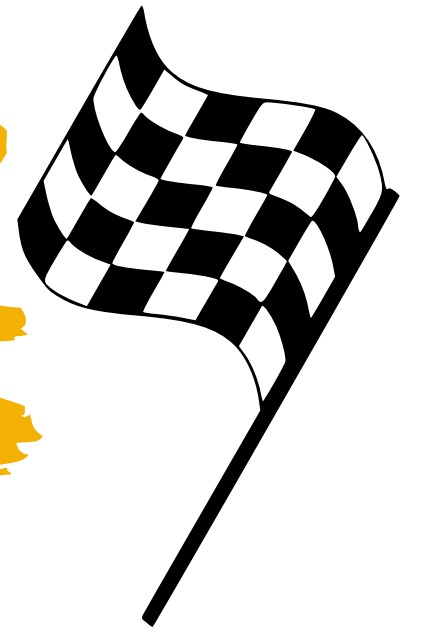


Newsflash



Start right where you are.

1. For some people getting out of bed today was their greatest accomplishment. Manage your expectations of yourself and just start.



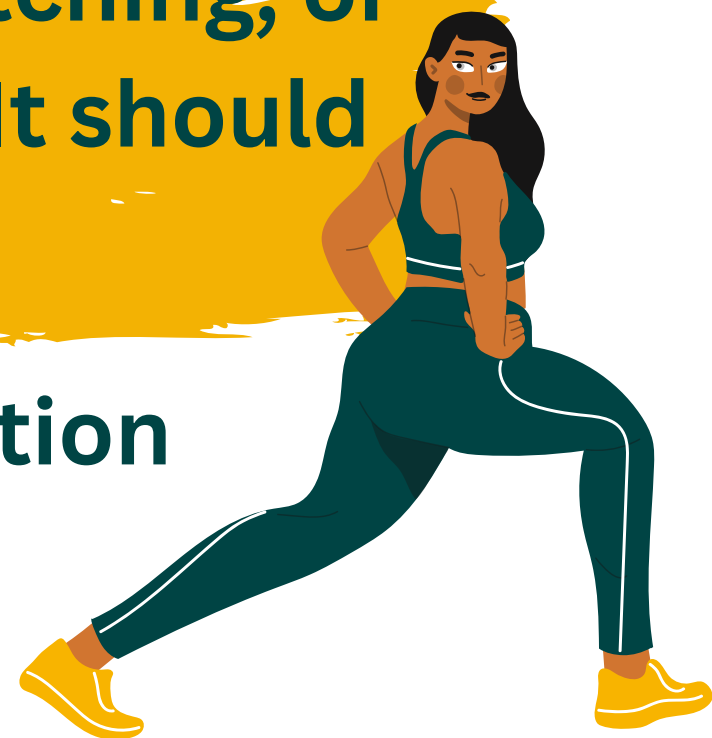
Give it time!

2. Try something for 30 days and then revisit whether or not that is working for you.

Protect your energy.

3. Whether it is what you are eating, drinking, watching, or listening to, or who you are spending time with--It should leave you full, not empty. Protect it.

Progress will be the fruit of your dedication and perfection the enemy of your success.



unstukk!
Building capacity through adaptation

We're saying 'no' to wasted energy and poor health.

Let's get Unstukk!

Conclusion

What excites me the most about this book is not simply being able to say, "Oh look--I have an e-book!" Rather, what excites me is knowing that what I have shared with you in this book **works**. How do I know? I know because it is a snapshot of some of the conversations I have had to have in my own head along my journey to getting unstuck and staying unstuck.

The process of knowing your no-nos is one that comes with lots of consistent practice and reflection--trial and error; you get faster at recognising and communicating your 'no's and sticking to those 'no's with time. It's not an aggressive, jarring, rude or insensitive 'no'. In fact, it's quite the opposite. It is a kind and respectful, but firm 'no' that requires no additional reason or explanation.

When others begin to witness you showing up as the best version of yourself, if they are switched on, they will come to know your 'brand' as well as you and quickly draw the connection between those 'no's and the fullest version of yourself that you can now give to others.

My hope is that this short publication will have sparked some thought within you about the transformative impact a well-curated personal brand can have on life as you know it.



*Let's get
Unstukk!*

It's your turn!

Personal brand Self-audit Checklist

What are you waiting for?



*Let's get
Unstukk!*

Personal Brand Self-Audit Checklist

Using this tool: While we have absolutely no control over what others do or who they choose to be, we have 100% control over what we do and who we choose to be. This includes how we spend our most valuable resource—time—and who we choose to spend that time with.

By now, you will have had a conversation with your coach/mentor about the power of '**personal branding**'. Using the checklist below, take a moment to consider which of the items you feel align best with your personal brand. Ask yourself, "Is that me?"

Let's get Unstukk!

Family		
Yes	No	Regularly hosting themed family dinners
Yes	No	Set up a monthly game night
Yes	No	Organising family holidays and/or staycations
Yes	No	Going to the sea
Yes	No	Family photoshoots
Yes	No	Meaningful birthday celebrations
Yes	No	One on one time
Yes	No	Create an audio archive – Capturing family history
Friends		
Yes	No	Go for Saturday brunches
Yes	No	Go to the club
Yes	No	Go for a meal
Yes	No	Join a class together
Yes	No	Carshare
Yes	No	After work drinks
Yes	No	Go to the cinema/bowling/arcade
Yes	No	Travel internationally
Finances		
Yes	No	Invest in Bitcoin
Yes	No	Invest in property
Yes	No	Create multiple streams of income
Yes	No	Monthly saving
Yes	No	Opening an ISA
Yes	No	Buy and sell shares
Yes	No	Negotiate your pay upward
Yes	No	Smart shopping (e.g. looking for discounts, use coupons, etc.)

Fun		
Yes	No	Go shopping
Yes	No	Trying new restaurants
Yes	No	Travelling
Yes	No	Listening to music
Yes	No	Learning a new skill
Yes	No	Going to regular parties
Yes	No	Going to concerts
Yes	No	Amateur stage performing (e.g. singing, acting, dancing, etc.)
Work		
Yes	No	Starting early
Yes	No	Dressing smart
Yes	No	Actively pursuing opportunities for personal development
Yes	No	Speaking up
Yes	No	Taking on extra projects
Yes	No	Networking
Yes	No	Delivering presentations
Yes	No	Asking questions in team meetings
Health		
Yes	No	Going to the gym
Yes	No	Playing a team sport
Yes	No	Going for a run
Yes	No	Gardening
Yes	No	Meditation
Yes	No	Yoga
Yes	No	Swimming
Yes	No	Cycling

Summarise your personal brand in 3 sentences.

Let's connect!



www.unstukk.co.uk



@getunstukk



@Unstukk Consultancy



@Unstukk Consultancy

Let's get Unstukk!  



*Let's get
Unstukk!*



edited by Sarah Grant

Stay connected!



www.unstukk.co.uk



@getunstukk



@Unstukk Consultancy



@Unstukk Consultancy