



R O O T
B O U N D

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**What do plants and people have in
common that can cause their demise?**

T H E Y B O T H G E T

**R ⊕ ⊕ T
B ⊕ U N D**

**Last night (this morning actually), at
approx. 2:28 am, 2 of my worlds
collided in a way that kept me
pondering what people and plants
have in common.**

**You see, I've recently found a great
interest in house plants (thank you to
my dear friend for inspiring me). For
those that know me, or read my posts,
you also know that I am passionate
about personal growth, Coaching and
helping others succeed in all areas of
life.**

**Last night, before drifting off to sleep,
I was thinking of my new plants (how
much I love them), AND I was thinking
about some of the amazing
transformations I have been**

able to witness in several of my recent Breakthrough coaching sessions (and how much joy and gratitude it brings me to help others in such a meaningful way).

Well, my unconscious mind went to WORK! And, at 2:28 am I was awake thinking that PEOPLE and PLANTS can suffer from the same disease - being

R O T
B O U N D

So, I did what anyone would do at that hour ... I researched it! according to Google, to be "root bound" means:

"Having roots formed into a dense, tangled mass that allows little or no space for further growth"

It also said "allowing rootbound plants to continue to grow in this fashion will not only stunt the plant's growth but it can bring about the plant's overall demise"

D E M I S E ?

Are you kidding me?

Now I can't stop reading...

**"As the roots of the plant spiral
around it, and ultimately choke it
out".**

OMG.

**This is like reading a Stephen King
novel at 3:00 am!**

**So, what does this have to do with
PEOPLE you ask? Well, read on
friends ... We're going there.**



I believe we are all made with a seed buried inside. This seed contains our purpose, our potential...What we were truly meant to be, do and achieve.

When we plant a seed, we have a vision for an outcome (will it be a flower, a fruit tree, a vegetable?) - but until that little sucker breaks through the soil and grows with time we can only go on faith it will work out.

The funny thing about a root bound plant is that from the OUTSIDE, you don't know it's happening.

we see what appears to be a happy, healthy, beautiful creation that brings us joy. Only from the INSIDE can the plant notice the tension building, the tangled mess of roots weaving together until they are completely stuck, and they have nowhere left to go...So they silently stop growing.

by the time we know our little friend is suffering (evidenced by the dying leaves), it has been carrying a silent burden for quite some time.

I started to think of times in my life when I was the plant. times where, from the outside, some would think i was vibrant and growing. On the inside, however...the roots of fear, of limiting beliefs, of not being "good enough" and of fearing rejection and judgement were like these roots causing me to feel completely and utterly

S T U C K

has this ever happened to YOU?

Back to the Google Search...

"Severely root bound plants may be
HARD TO REMOVE from the POT"

You mean it will

R E S I S T

change...even if the change is for their own good and will allow them to GROW??

YUP, I've been there too.

What do you DO if your plant (or
YOU?) is

R O T
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Well, according to Google there are 5
steps. I'll share them, as well as my
thoughts on how it relates to fixing
YOUR state of being STUCK (if that is
where you find yourself in the grand
flowerpot of life).



STEP 1

Remove the plant from the original container and assess the condition.

Reach out and let someone know you need help. be willing to be vulnerable and show your mess to someone who can help you



S T E P 2

Untangle the roots.

Ooohh this is the uncomfortable part. What do you need to acknowledge and address, but have been avoiding? What are the thoughts, feelings, actions and beliefs that are causing your roots to tangle in the first place?



S T E P 3

Cut into the root ball.

Dig into that root ball...all the way until you find the REAL issue. I can tell you the REAL reasons you are stuck are rooted deeply in your programming, your beliefs and values and are most likely unconscious to you - get out a shovel and DIG!



S T E P 4

Prune the roots.

Relentlessly and unapologetically CUT what no longer serves you. Cut what and who weighs you down. Release your negative emotions and limiting beliefs and FORGIVE what needs forgiving!



S T E P 5

Transplant into a large pot.

Create an environment that can nurture, support and hold your big vision for your BEST LIFE! create boundaries to support your growth and find your tribe...They act like those tomato plant cage thingies, so when life gets heavy, you can still carry the weight and stand tall.



**Google tells me that, with
intervention, a root bound plant can
be saved.**

**It assures me that once the process is
over, and the tangled mess is cleared,
the plant is free to resume healing and
growing into its best self.**

**I happen to know that WE are the very
same.**

**I don't know much about helping
plants break through what is holding
them back, but I DO KNOW how to
help PEOPLE.**

**So, if you're feeling like our friend the
plant, please reach out...**

**I would love to support you in your
growth and transformation.**

xoxo

A handwritten signature in black ink, consisting of stylized, cursive letters that appear to be 'MB'.

ABOUT THE AUTHOR

MaryBeth "MB" Gustitus is an entrepreneur, coach, leader, educator, and motivational speaker, who has dedicated over three decades of her life to empowering individuals and organizations to unlock their true potential. With a wealth of experience in leadership, sales management, coaching, speaking, and training, MB has become a trusted authority in the personal and professional development space.

Throughout her career, MB has earned a reputation for her exceptional ability to inspire and guide others in discovering their purpose, passion, and personal superpower. As a professional coach and a Master Practitioner of Neuro-Linguistic Programming (NLP), Mental and Emotional Release® (MER), and Hypnotherapy, she employs a holistic approach to help individuals break through limitations, overcome obstacles, and achieve extraordinary results.

With a deep understanding of human behavior and dynamics, MB is also a Certified Behavioral Analyst with DISC, enabling her to delve into the intricacies of team dynamics and individual performance. She specializes in leveraging DISC Behavioral Analysis to enhance teamwork, cultivate effective leadership skills, and foster a high-performance culture within organizations.

A handwritten signature in black ink, appearing to read 'MB', located in the bottom right corner of the page.

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