

Unstick Yourself Now

This is a very simple exercise to help you work with where you are right now - and come up with some ideas and actions to move you forwards.

What is your goal – how would you like things to be different?

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Now answer the 5 easy questions below with at least 3 answers for each that move you closer to your goal above:

1. What could you **STOP doing?**

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2. What could you **do LESS of?**

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3. What could you **do MORE of?**

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4. What could you **CONTINUE doing?**

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5. What could you **START doing?**

.....

"When you're stuck in a spiral, to change all aspects of the spin you only need to change one thing."

Christina Baldwin

So, what actions will you take now to empower yourself, get unstuck and get moving? Choose actions that are **easily do-able** and write them in the space below!

1st Action Something you can do **Now!** (right away or by the end of today) _____

2nd Action _____ By when _____ (this week)

3rd Action _____ By when _____ (this month)

Now copy these out onto *post-it notes* and stick them in your car, wallet, locker, fridge door, desk drawer or *any place where you will see them often.*