



# Unstick Yourself Now!

## Motivate Yourself Now

This is a super-simple exercise. Any time you're stuck, just ask the 5 easy questions below to brainstorm and come up with lots of new ideas - and then choose 3 actions to move you forwards.

### Firstly, what is your goal - how would you like things to be different?

.....  
.....

### Now answer the 5 easy questions below:

- Identify AT LEAST 3 answers for each question to move you closer to your goal above
- Don't THINK, just read the question, stick pen to paper and WRITE!

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

.....

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

.....

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

.....

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

.....

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

.....

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!

**1<sup>st</sup> Action** - something you can do **Now!** (right away or by the end of today) \_\_\_\_\_

**2<sup>nd</sup> Action** \_\_\_\_\_ **By when** \_\_\_\_\_ (this week)

**3<sup>rd</sup> 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.*

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