



Unstick 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!

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*.

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