



10 Tips for Getting *Unstuck*

We have all had those feelings of being stuck. We would like to move forward, but feel overwhelmed when we start to think about what we should do first?

Getting out of a rut just takes a little effort on your part. Don't worry about climbing Mt. Everest, start by walking out your door.

Here are a few tips to get you on your way. Try one or try them all.

1. Do one thing different today.
2. Make one new daily habit - like flossing, drinking more water, or writing daily.
3. Exercise - walk, bike, run or whatever gets you going.
4. See things through your heart, not your head.
5. Don't Gossip.
6. Don't judge others.
7. Smile at a stranger.
8. Take small, manageable steps toward your goals - 1 new action daily.
9. Eliminate one distraction today.
10. Call for help! An accountability partner, a coach/mentor, or another like-minded entrepreneur will help keep you on track and accountable with your plans and actions.

We are have it in us to be successful. Sometimes we just need a little boost.

Go easy on yourself.

If you can do something, anything, toward your goal each day, before long you will realize that you weren't that stuck to begin with.

When you are working to get unstuck, don't use words like "I should" or "I have to", they will keep you in your current position.

Come from a place of choice and of want when moving toward your goals.