

GET UN-STUCK

WE ALL GET STUCK. WE CAN LET IT BE COMPLETELY DERAILING, OR WE CAN LEARN HOW TO WORK OURSELVES THROUGH IT, AND GET MOVING FORWARD.

WHAT'S YOUR CURRENT CHALLENGE OR PROBLEM?

**WHAT ARE YOUR IMMEDIATE GOALS
TO SOLVE THE CHALLENGE / PROBLEM?**

WHAT DO YOU BELIEVE IS STANDING IN YOUR WAY?
(NOT INCLUDING TIME AND/OR MONEY)

BE PRO-ACTIVE

Consider doing this exercise weekly, and develop and strengthen these healthy habits. You'll soon see results and become active + successful in business development.

GET UN-STUCK

BONUS: TAKE SELF CARE!

If you're feeling stuck (within this exercise) pause + do something right now to be kind to yourself. Need some inspiration? Go for a walk, Read a book, Schedule a massage, Enjoy a fresh meal, Take a yoga class

Add **three** healthy ways to show yourself some love that you will implement - starting now:

WHAT CAN YOU DO RIGHT NOW TO WORK TOWARD YOUR GOALS?

If you can't think of something related to the problem you've identified, then start with researching how (or call us). It will help you build momentum, confidence in yourself, and get your brain to focus on solutions.