



OVERCOME INERTIA AND GET STARTED

*** Make sure your vision excites you – it will draw you forwards**

Without a clear vision decision making can become a nightmare and tasks are likely to lose their meaning and remain incomplete. Increase the intensity, brightness and clarity of your vision. Does the task in hand take you closer to your vision? If not change it so that it does.

*** Be true to your Self – energy and passion fuel movement**

When you live your values and are true to your Self, you will have energy and feel a sense of fulfillment in your life. When you are stuck make sure that your task is aligned with your value system. What needs to happen to ensure that the task in hand fits your value system and does not undermine it?

*** Ask smarter questions – they will give you a kick-start**

Stop going round in circles and asking 'Why' this or that has happened, it is mentally restricting. Instead become more action and solution focused. What action steps will take you out of this place and closer to where you want to be?

*** Be creative – there is always a way**

Recognise that there are gains for you in staying stuck, for example, staying where you are might mean that you retain your self-esteem or self-confidence. Identify your gains in staying stuck and then figure out how you can retain the gains and get the outcome you want. Do you have to change your action...your mind set...your inner voice? Do you need more external support?

*** Go for top priority tasks and complete them first - success will follow**

Watch those uncompleted tasks that keep re-surfacing, lack of discipline can result in top priority, critical tasks being left undone and draining you of energy. When stuck how are you being irresponsible...are you lacking discipline? How can you rectify the situation so that the tasks that are critical to your business and well-being get done?

*** Let go of unrealistic expectations of yourself – enjoy the freedom and movement**

When you believe you must know everything before you start and everything must be perfect you will never actually start the project. Let go of unrealistic expectations of yourself and focus instead on getting started! Successful people are willing to take risks and learn on the way. For you to get started what has to happen?

*** Think small steps – they are far easier than large ones**

When the tasks before you look huge you are more likely to get stuck. Break them down so that they are made up of small, manageable steps. Put each step in your diary now...commit to doing them! How can you make the implementation of these steps easier...do you need a more supportive environment or do you need extra support in the form of a personal assistant or coach?