

The background of the slide is a blurred photograph of a workspace. It includes a laptop keyboard in the upper right, a silver pen resting on a lined notebook in the lower left, and a smartphone in the bottom right corner. The entire scene is framed by a light blue border.

LEARNER GUIDE

Getting Unstuck

LEARNER GUIDE

Use your learner guide to record your notes, findings, and action items throughout the training.



IN THIS TRAINING YOU'LL DISCOVER:

Where are you now?

Where do you want to go?

How do you get there?



QUOTE

“The definition of insanity is doing the same thing over and over again and expecting different results.”



NOTES

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WHERE DO I WANT TO GO?

How would your life improve if you weren't stuck?

[illegible]

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GOALS

Write your goal in the space below. Add any doodles or decorations that will help this stand out to you.

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HOW DO I GET THERE?

Write three things you want accomplished in the next five years.

1

2

3

Write three things you can accomplish this year.

1

2

3

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HOW DO I GET THERE?

Write three things you can accomplish this month.

1

2

3

4

What can you get started on today?

1

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WATCH

While watching the video, think about what motivates you intrinsically and extrinsically. Record your notes below.

MOTIVATION

Write three ways to stay motivated while you work toward your goal.

1

2

3

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ACCOUNTABILITY

Write down who will help you stay accountable.



EVALUATE

Each time you reach one of your mini-goals, ask yourself these questions and adjust your goals and action plan as needed.

What worked?

What didn't work?

What needs to change?

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THINGS TO REMEMBER

- It's okay to change and adapt to your current situation.
- Make a plan. Stick to it.
- Find at least one person to hold you accountable.
- Refer to this workbook as motivation or to clarify your next steps.

For more information



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Getting Unstuck
Available at Bookstores
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NOTES

This image shows a blank sheet of white paper with horizontal blue dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the paper.