Getting Unstuck

Forging a Clear Path Towards Your Next Goal When You Don’t Know Where to Go

WELCOME!

I'm Judith

Business Analyst & Motivational Speaker

Introduce yourself to the group

BY THE END OF THIS TRAINING YOU WILL KNOW...

- Where are you now?
- Where do you want to go?
- How do you get there?

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

RITA MAE BROWN

Raise your hand if...

- ...you think you have a pretty good life.
- ...there is at least one thing in your life that you wish you could change.
- ...you think your life is fine, but you feel like there's something missing.
- ...you know what you'd like to change, but you have no idea how to start

Think

Where am I now?

Where do I want to go?

What connections do you see?

GOALS

How do I get there?
Think Big

1

2

3

How do I get there?
Smaller Steps

1

2

3

How do I get there?
Weekly List

1

2

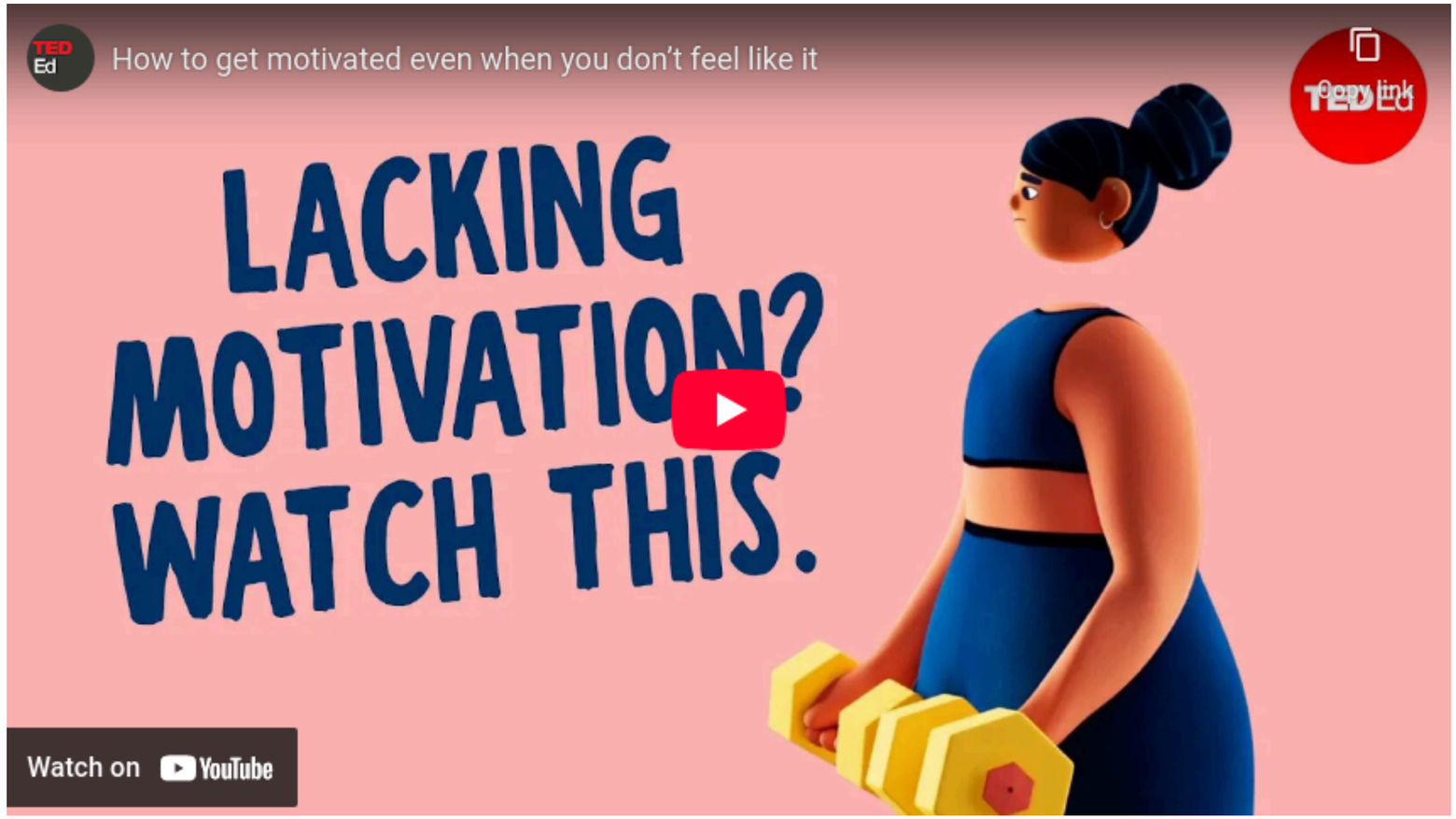
3

4

Start Today!

1

Motivation


How to get motivated even when you don't feel like it
LACKING MOTIVATION? WATCH THIS.
Watch on YouTube

Accountability

- Friends, family, and apps.
- Keep you motivated.
- Encourage you when things become difficult.
- Help when you can’t do it alone.

Evaluate

Each time you reach one of your mini-goals, reassess how things are going.

WHAT WORKED?

WHAT DIDN’T WORK?

WHAT NEEDS TO CHANGE?

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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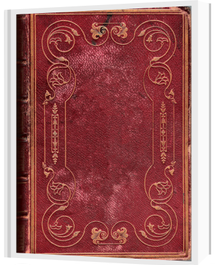

Getting Unstuck

Available at Bookstores

unstuckbookstore.com

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Sources

TED-Ed. (2024, January 2). How to get motivated even when you don’t feel like it [Video]. YouTube. https://www.youtube.com/watch?v=ll5h6uJPvvs&t=2s.