

# 5 DAY CHALLENGE



Get Untangled

## DAY 5 - GET UNSTUCK NOW

Give yourself about 15 minutes for this activity.

### INSTRUCTIONS

This is a super-simple exercise. Any time you're stuck, come up with a goal and just ask yourself the 5 easy questions on the next page to brainstorm and come up with lots of new ideas - and then choose 3 actions to move you forwards.

**Step 1:** Write down your goal. It can be a big one or small one. Think about what you want to be different. Remember to focus on what you do want rather than what you don't want. Go ahead...write it down.

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**Step 2:** Answer the following questions. Your answers should be things that move you towards your goal.

### Helpful tips:

Come up with 3 answers for each question.

**Do not** overthink this - this exercise shouldn't take too long. Go with your instincts...your gut...and write things down.

## ANSWER THESE QUESTIONS

1. What could you do STOP doing?

a.

b.

c.

2. What could you do LESS of?

a.

b.

c.

3. What could you do MORE of?

a.

b.

c.

4. What could you CONTINUE doing?

a.

b.

c.

5. What could you START doing?

a.

b.

c.



## WHAT NEXT?

Based on your goal and your answers, what actions will you take now to empower yourself, get unstuck and get moving?

Choose actions that are easily do-able and write them in the space below!

1st Action - something you can do Now! (right away or by the end of today):

2nd Action By when (this week)

3rd Action By when (this month)

**SUPER DUPER IMPORTANT:** Right now copy these out onto post-it notes and stick them in your car, wallet, locker, fridge door, desk drawer or any place where you will see them often.

# DO IT. YOU DESERVE IT.

**\*\*\*Bonus\*\*\* Post in the Facebook Challenge Room: Either pictures of your post-it notes or your top three favorite things from the challenge. Use #Rediscoveryou5**

