

Background

- If you feel stuck or overwhelmed, this exercise is for you.
- Sometimes, we get stuck when we focus on everything that could go wrong.
- And sometimes we get overwhelmed by worrying about everything to do on the road ahead.
- This is when you need to *build a bridge*! You don't need to see the other side – you only need to see your first three steps. Once you have taken these three steps, you can take the following three steps. Then the next three, and so on. Simple but very effective.

INSTRUCTIONS

1. Answer the questions below, then complete the “*no fail*” action section to get you moving forwards.
2. Use this exercise weekly to maintain momentum or to get moving whenever you feel overwhelmed or stuck.
3. *Don't think too hard*; trust yourself and write down whatever comes into your head.

So, what is your *goal or dream*?

Where, ultimately, do you *want to get to*?

What have you done so far towards your goal or dream?

Suppose one big thing is getting in the way of you moving forward. What would it be?

If you could do *anything* without fear or limits, what would it be?

Now, write down your very first three steps to build a bridge.

What are **3 Things You Could Do** in the next week **WITHOUT FAIL** that would move you closer to your goals? These actions can be small or as big as you like but must be easily *do-able* within the next week

ACTION 1

ACTION 2

ACTION 3

Now copy these onto a sticky note or postcard and stick them in your car or wallet, locker, fridge door, desk drawer and any place where you will be reminded often – until you have done them!