RESISTING?
DROWNING?
PROCRASTINATING?

CHECKLIST

Alice Irving

FOLLOW THE LINKS TO GET MOVING AGAIN.

Am I exhausted?

→ Take a rest / stare into space / do some active recovery.

Could this be emotional?

→ Harness tricky feelings to help you perform better.

What do I need to do?

→ Do I know what the next step is?
→ Break that step down into smaller chunks.

Does it need to be me?

→ Eliminate / delegate / automate.

Am I finding this too hard?

→ Fine-tune the challenge level to your personal sweet spot.

Do I know why I am doing this?

→ How does this step help me achieve my bigger goals?

Have I taken on too much?

→ What do I need to say "no" to to get this done?

YOU'RE GOOD. YOU'VE GOT THIS.

GO