

**BACKGROUND:**

- If you feel stuck or overwhelmed then 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 we need to **Build a Bridge!** You don't need to see the other side - you just need to see your first three steps. Once you've taken those three steps, you'll be able to see the next three steps. And so on. Simple, but *very* effective!

**INSTRUCTIONS:**

1. Simply answer the questions below, then complete the "no fail" action section to get you moving forward!
2. Use this exercise weekly to maintain momentum or simply to get you moving whenever you are stuck!
3. And don't think too hard, just trust 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?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you could do ANYTHING with no fear or limits, what would it be?

\_\_\_\_\_

Now, write down **THREE THINGS YOU COULD DO** in the next week **WITHOUT FAIL** that move you closer to your goals. They can be as small or as big as you like, but **MUST BE EASILY DO-ABLE** within the next week.

First Action \_\_\_\_\_

Second Action \_\_\_\_\_

Third Action \_\_\_\_\_

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

