

If you are stuck on one of your goals, it is a good time to ask yourself three questions:

- ▶ **Whose goal really is this?** If you have adapted other people's goals for yourself, don't be surprised if you are not motivated.
- ▶ **Is this goal really important to me or do I really need it?** It can be very liberating and energy releasing to let go of goals we don't truly need or embrace.
- ▶ **Is there another means or process by which you can reach the same ultimate goal?**

With this said, here are some techniques for getting "unstuck":

- ▶ Break your goals down into progressively smaller steps and sub-goals until the steps are so small you almost fall into them.
- ▶ Just like when you get stuck on a math problem, move on to another goal or goals where you feel more energy or motivation.
- ▶ Look for past exceptions or successes in the area of your life where you are stuck. Refer to those previous experiences both as a reminder you can do it and as a source of understanding how you did it.
- ▶ Find a partner. Find another person who is trying to accomplish the same thing and work together for camaraderie, accountability and inspiration.
- ▶ Delegate. No one said you have to do everything for yourself. Sometimes there are people that are better at certain things, so why not use them in some instances?
- ▶ Redefine success by changing the standard associated with the goal so that more efforts related to the achievement of that goal are considered a success. For example, let's say your goal is to get in good shape and you have determined that you need to exercise thirty minutes a day to do this. Consider changing your goal to fifteen minutes, for example. *Success reinforces engagement and failure reinforces avoidance. We have power to literally define our success so that we are more likely to succeed.*
- ▶ Reward yourself. Use the classic approach of behavioral psychology, except you are using it with yourself. When you achieve the goal you want, do something fun, pleasurable or rewarding.
- ▶ Approach your goal in a different time or space. Change the scenery, because sometimes we begin to associate certain "scenery" with avoidance or failure.
- ▶ Read something inspiring. Search the Internet or your own book collections for inspirational messages that resonate with you.
- ▶ Commit it to writing. Take the loose idea in your mind and put what you want to do in writing in a very specific way.
- ▶ Change other small things in your life that are seemingly unrelated. It can be amazing how the small changes in routines and approaches will lead to changes in other areas of your life.