

5 Quick Tips to Get Unstuck!

Stuck or struggling? Try one or more of these tips and breakthrough!

- 1. Visualize the future.** What does success look like in one year? What can and will you do today to move in that direction?
- 2. Identify options.** Brainstorm 100 ways to solve your problem. Push yourself and go beyond the obvious. Often the best ideas come *between 98 and 100!*
- 3. Chunk it down.** Break the problem into smaller pieces and address one issue at a time.
- 4. Face your fears.** Usually things aren't as bad as they seem. Identify three bold steps forward & take the first step today.
- 5. Ask for help.** Identify people who can and will help you breakthrough. You don't have to do it alone.



Breakthroughs start here.

KickButtToday.com