



Get Unstuck - BE the Leader in your life!

Crush it and BE the Motivated Leader

1. First ask yourself **what do I want my life to look like?** Go into your high vision, create a complete picture not a work in progress...get specific! What do you want more of, less of, what outcomes do you want for your business, relationships, family life ...? Go High!

2. **Why** do you want that high vision...connect your vision to the why and that will create motivation. I want to travel...why?, I want to love again...why?...

1. _____

2. _____

3. _____

4. _____

5. _____

3. Anchor the WHY's by listing them and putting them where you can see them on a daily basis. These are your values so take a breath in and put your why's in your body...Make them your motivating factor to create the life you want.

4. Make a list of things to do that will bring you closer to your high vision. After each thing on your to do list write the "why," the time and date you will complete the task. Keep it simple at first, make sure you are attaching the whys...you want to build your confidence and create connection to your high vision.

1.

2.

3.

4.

5.