

## *Can't Get Going?\**

Do you know what you want to accomplish and what you have to do to accomplish it, but just can't seem to get going? Here are some tips to support you in making progress.

- **Break it down.** If you can't get moving, it might be that the action you have outlined for yourself is not actually the *next* action. Consider whether there is *anything* at all you need to do before you can complete the action you have identified. Do you need to be in a particular state of being before you can face attending your local Chamber of Commerce meeting? Well then, your *next* action is to create that state of being for yourself. Do you need 30 minutes of quiet time before you can do the research you need? Then your *next* action is to identify 30 minutes of quiet time. Once you have identified and completed your *next* action, you'll be ready to take the step that now seems a burden.
- **Have a party.** Do you sometimes have a million voices in your head telling you what to do? Have a party! Invite all the different voices with all of their viewpoints. Give every voice the chance to speak its piece. Listen carefully. Accept the viewpoints for what they are, without judgment. If it helps, give each voice a name, or use index cards to record the thoughts. Sometimes, just allowing the complainers to complain will silence them. Other times, you need to integrate. With everyone at the party, reach agreement on what steps you *can* take. Progress is progress, no matter the pace.
- **Fake it.** Even if you don't feel like it or think that you can't, just start. If it is the right thing to do, you'll soon get caught up in what you are doing, and forget you ever didn't want to do it. For example, I did not want to go for a run. I went for a walk. I told myself I'd start running after 10 minutes of walking. I still didn't want to run. I started running anyway. 1:00 minute into my run, I still didn't want to run. 2:30 minutes, I contemplated running a new, longer route. My internal voice said "That's too far, just run half-way." I ran to the half-way point and wanted to run more. I ran farther than I ever had. I faked it until I made it.

Try these. If you want even more options, brainstorm by yourself or with others about what else you might do. Be sure to acknowledge yourself for what you do accomplish! You are on your way to living your vision.

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\*If you go for weeks and can't get moving, consider whether you need professional help for depression (see <http://www.nimh.nih.gov/healthinformation/depressionmenu.cfm>).

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Brought to you by

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