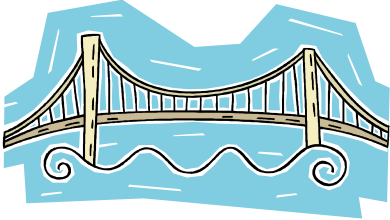


## Your 3 Step Bridge

- 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 3 steps. Once you have taken those you'll be able to see the next 3. And so on. Simple but effective!



### INSTRUCTIONS

1. Simply answer the questions below, then complete the “no fail” action section to get you moving forwards!
2. Use this exercise weekly to maintain momentum or simply to get you moving whenever you feel overwhelmed or 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 **3 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.

**1<sup>st</sup> Action** \_\_\_\_\_

**2<sup>nd</sup> Action** \_\_\_\_\_

**3<sup>rd</sup> 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!