

GETTING YOURSELF OUT OF A RUT



Christy Sanderson

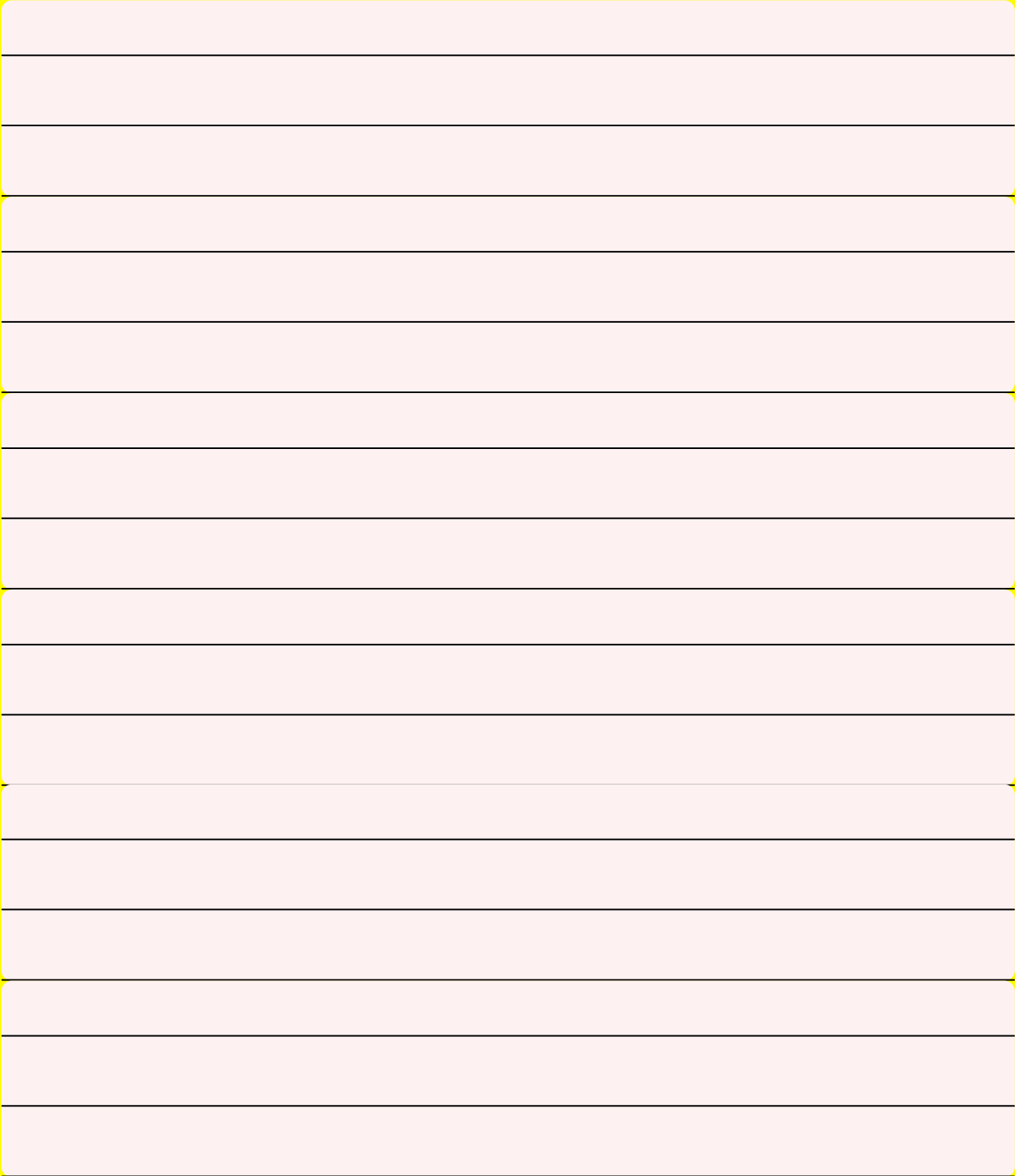


Everyone goes through phases of low motivation and monotony. In these times, the comfortable is remarkably tempting, and the fruitful is insipid. These seasons of tedium can last days, weeks, or even months.

Often you might find yourself feeling like a passive observer of your own life. You wake up, go through the motions, stop to sleep, then repeat. It's like the depressing version of playing Red Light Green Light as a kid.

11 Questions can help you out of this pit.

My Notes

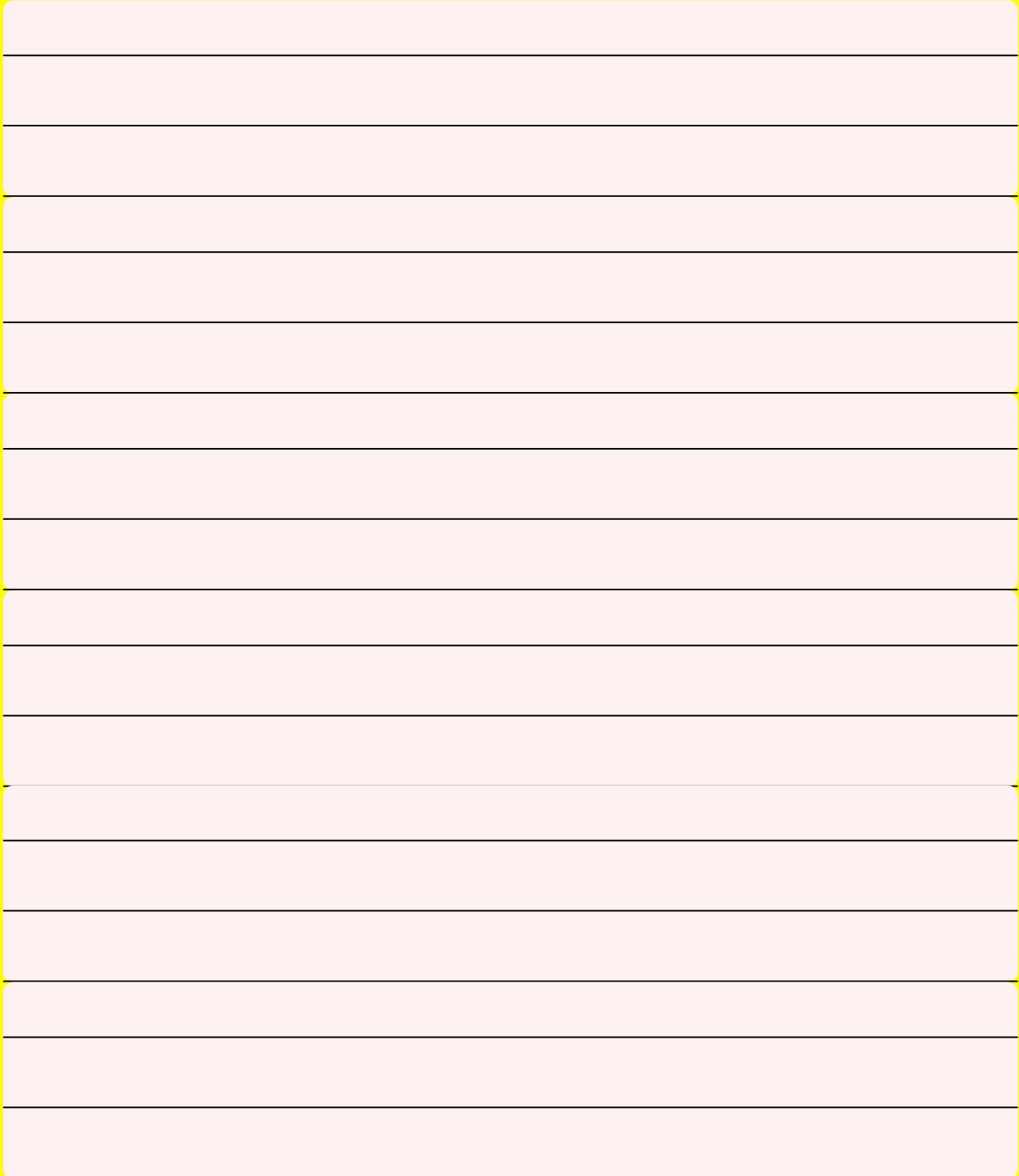
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Getting Yourself Out of a Rut

Answer these questions to help get you moving forward again toward the life you desire

1 What subjects and activities are you passionate about?
What gets you really excited?

My Notes

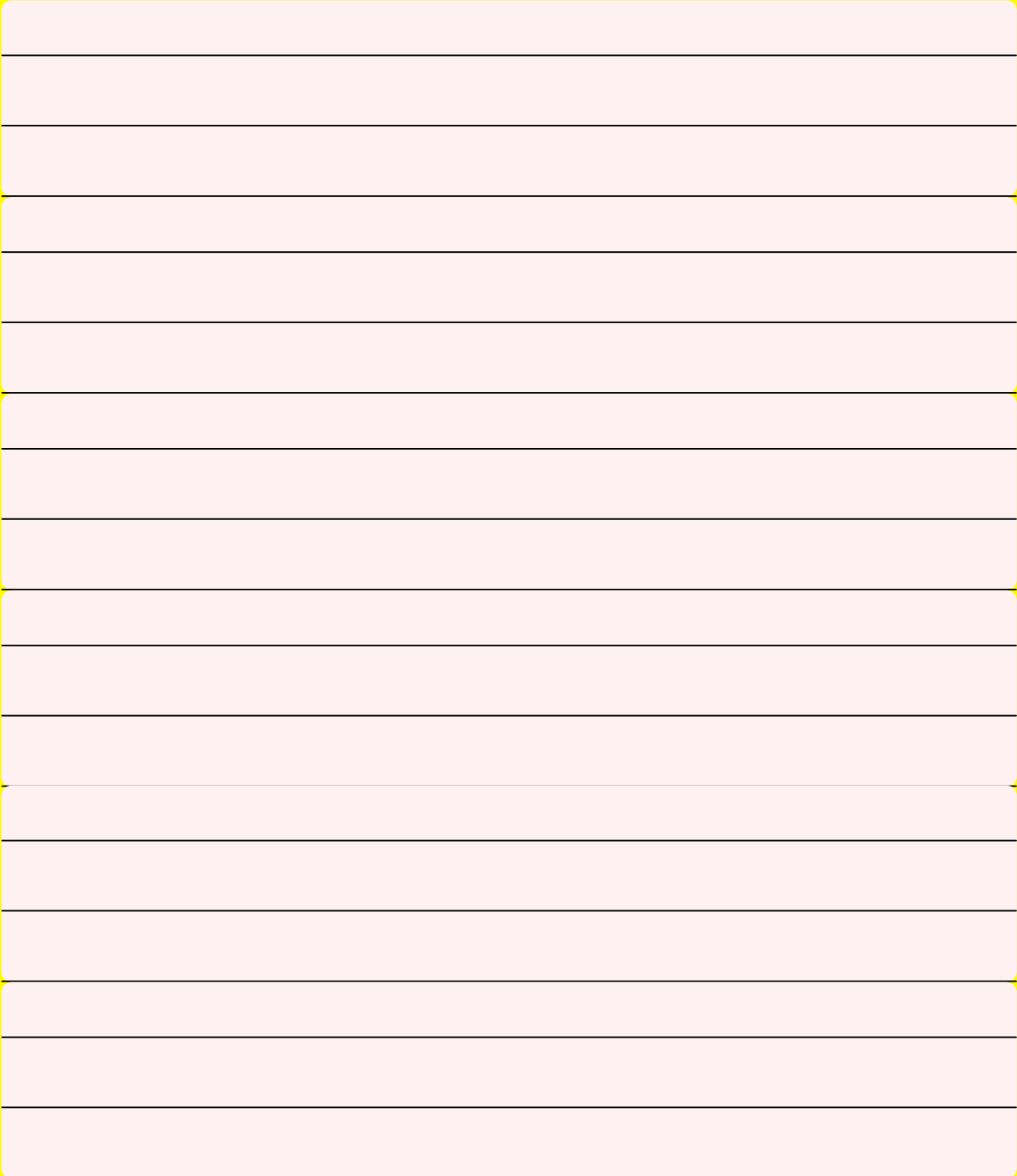
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2 Do you have any hobbies? How can you schedule some time to take part in these hobbies? If you don't have any, schedule time to pursue learning more about your interests.

My Notes

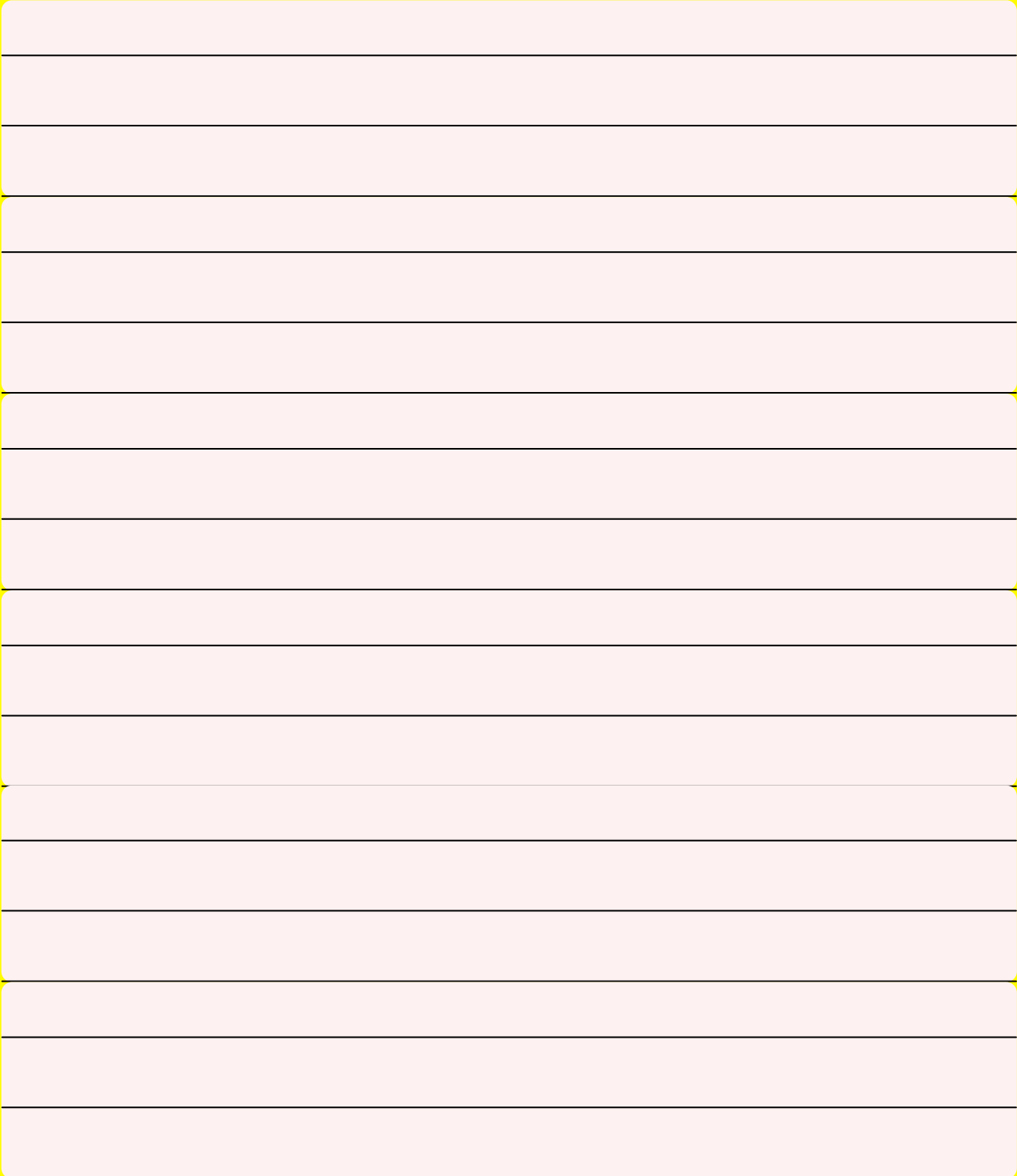
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3 What are some ways you could take more time for yourself?

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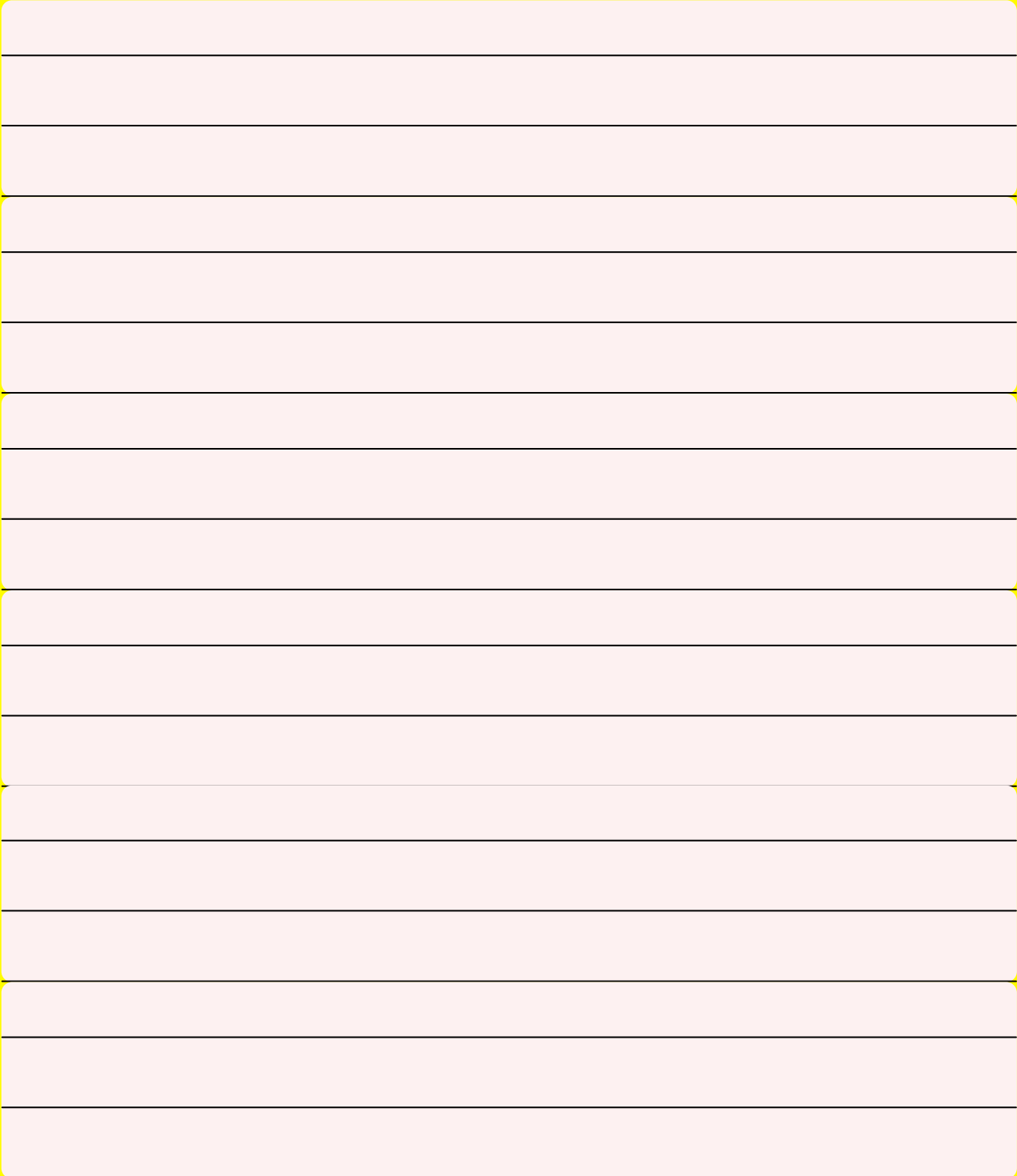
4 What are your primary goals? Consider one small action that you could do toward each of these goals this week.

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5 What goal could you set that would make the greatest positive impact on your life?

My Notes

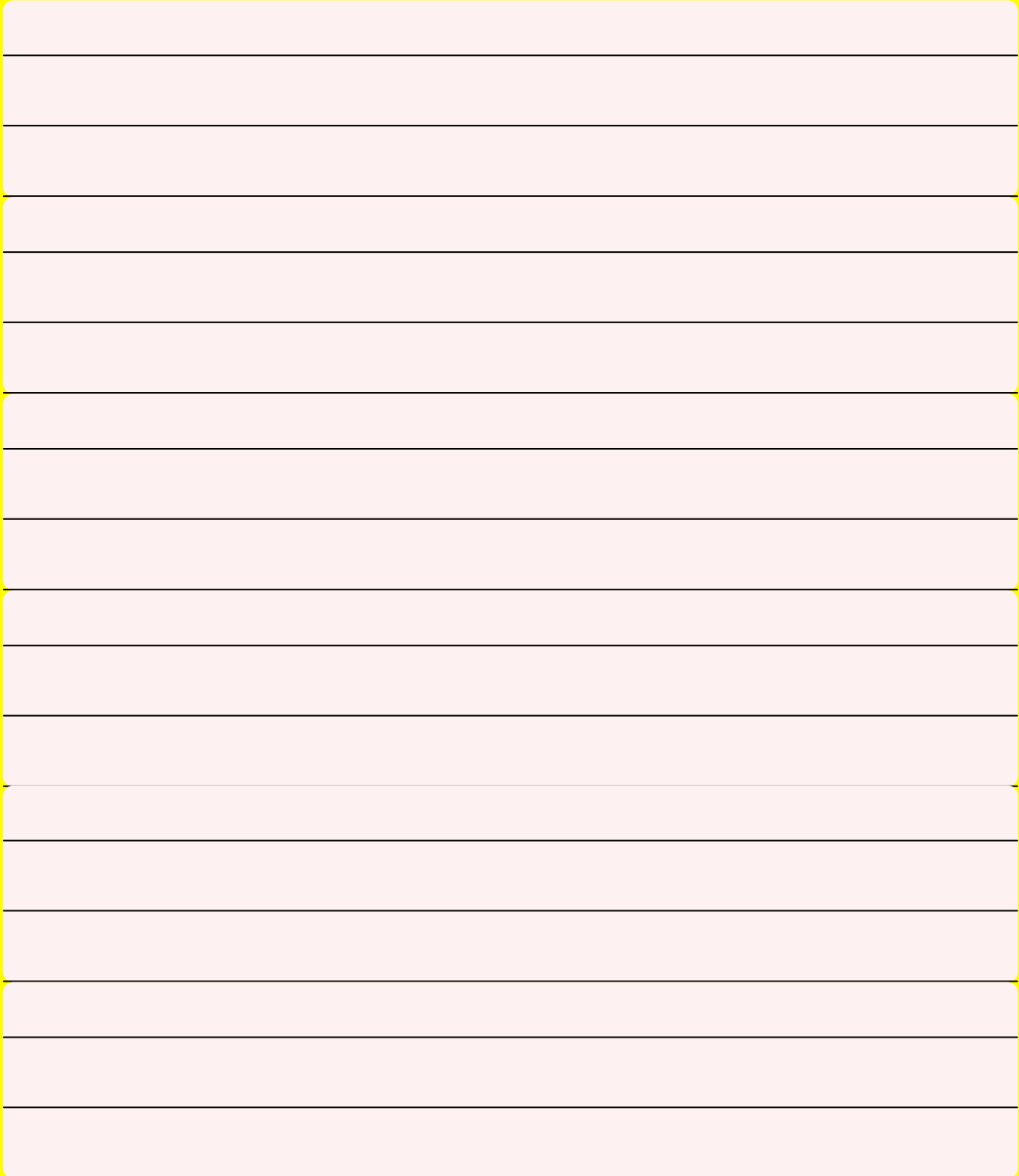
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6 If you could have any career, what would it be? What actions can you take now to start moving toward that career? Education? Certifications? Volunteering? Starting your own business on the side?

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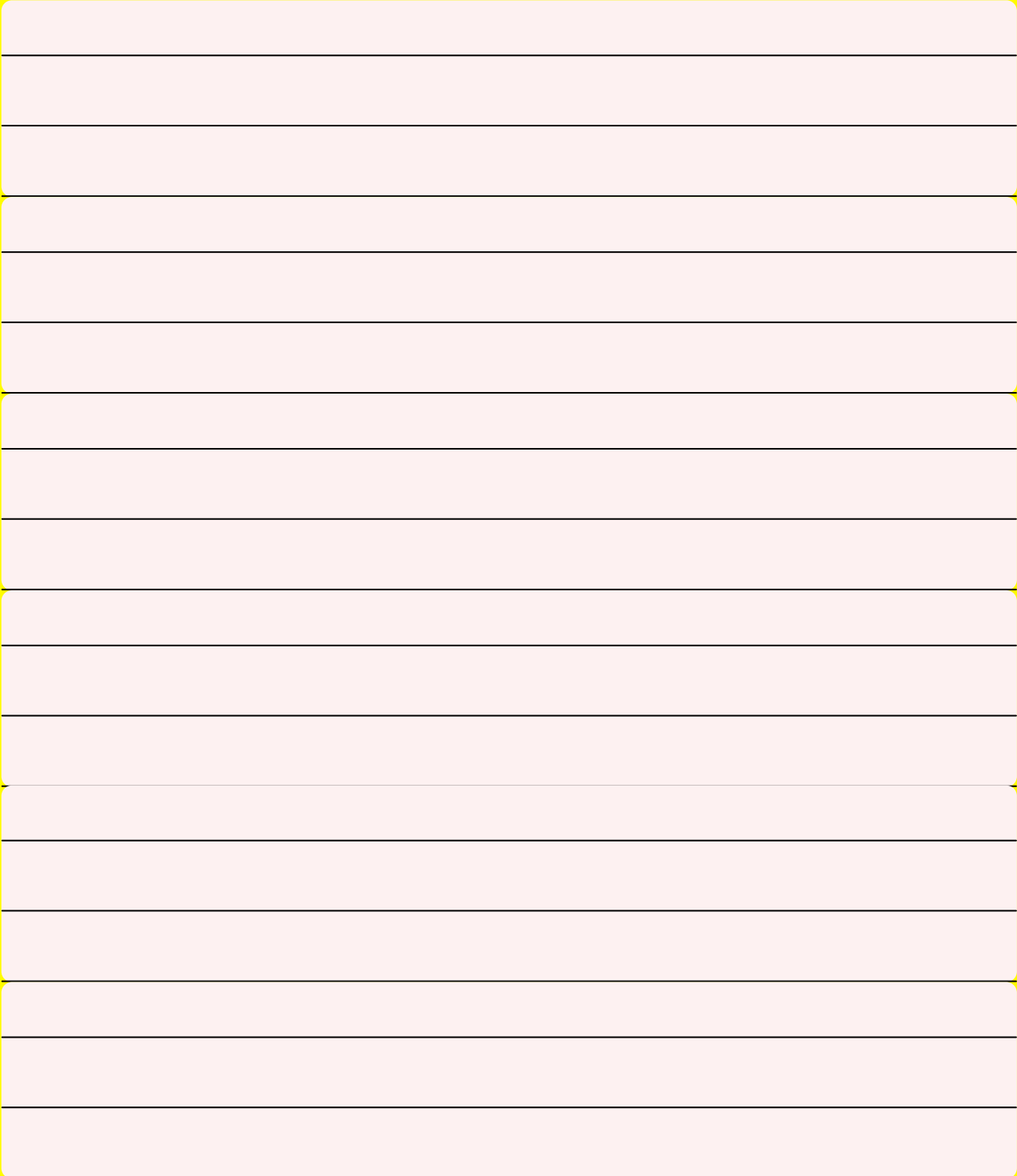
7 What things could you eliminate from your life that don't contribute to what's most important to you?

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- 8** What negative things do you say to yourself each day?
What are positive things you could use in their place?

My Notes

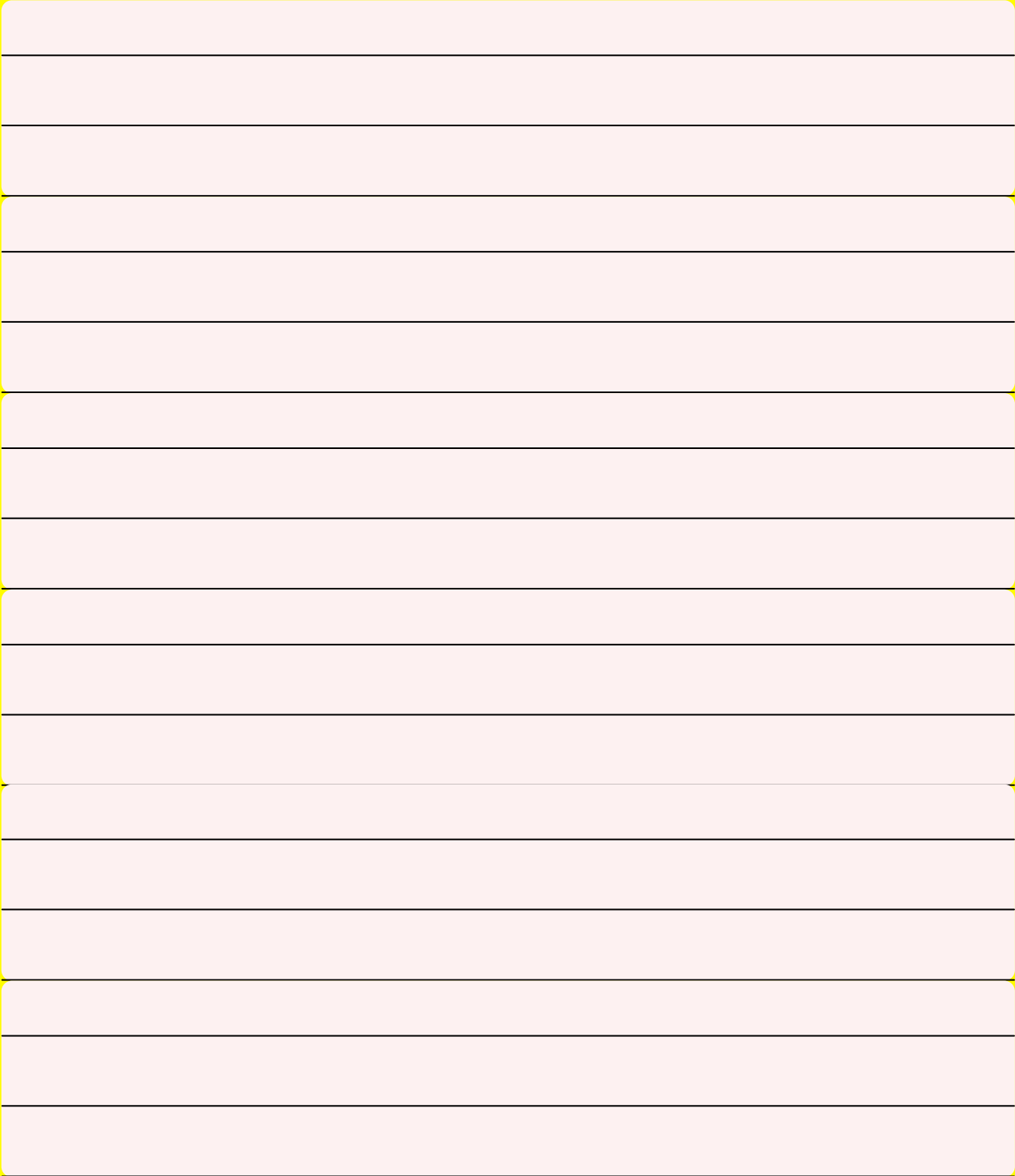
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9 Do you tend to be pessimistic? How would your life be better if you had a more positive outlook?

My Notes

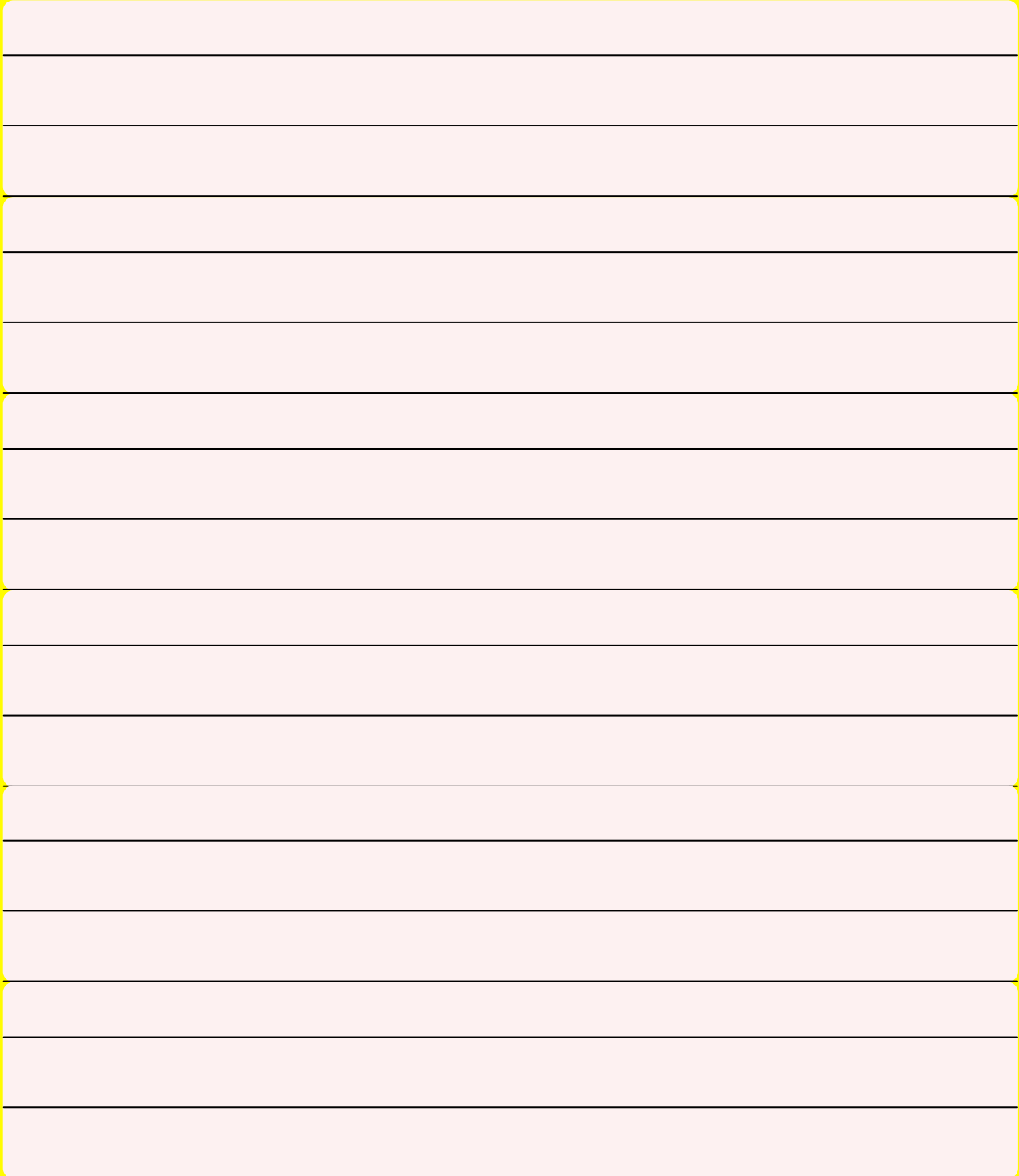
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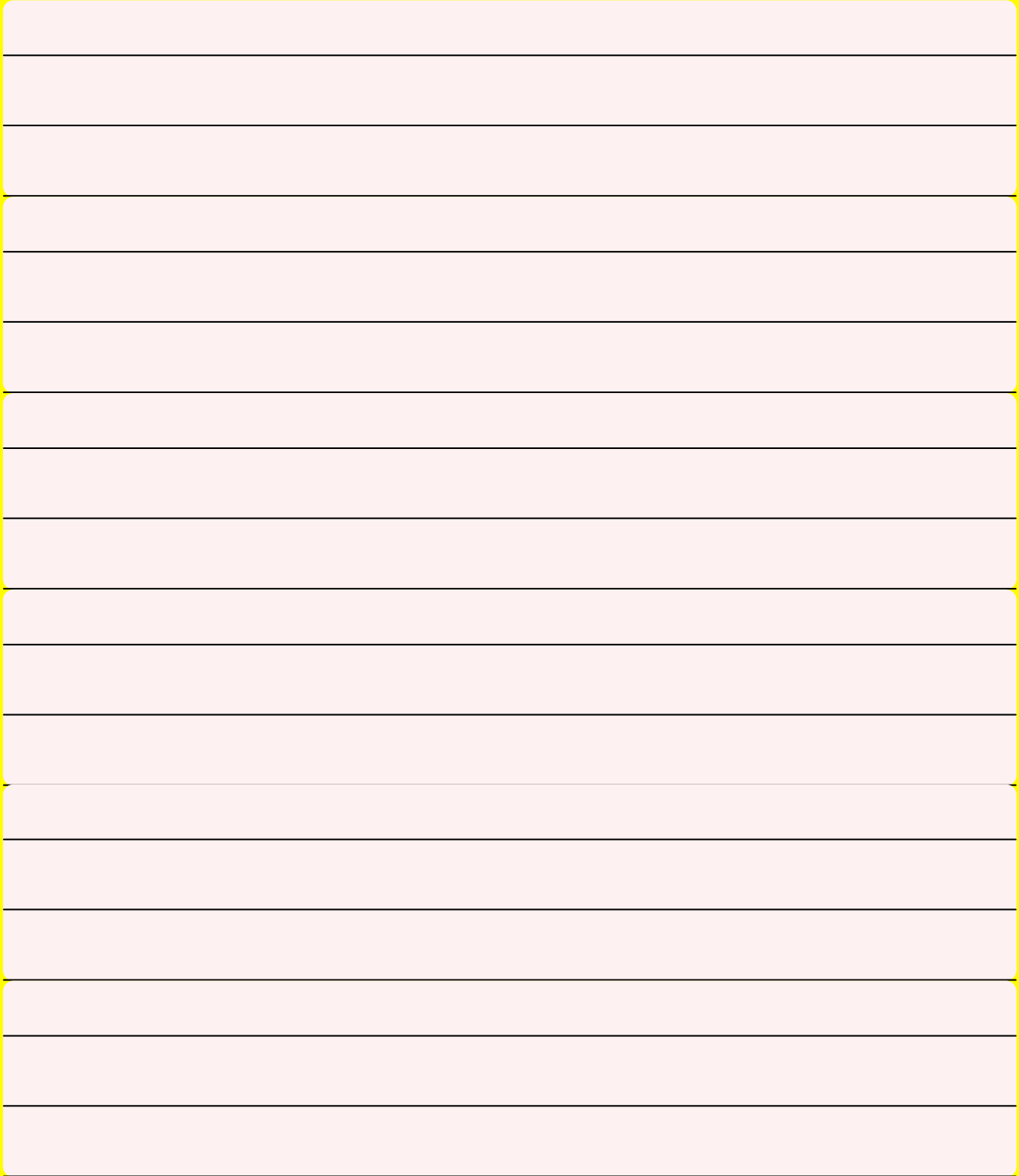
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11 What are some simple, but meaningful, changes that you could make to your current diet and exercise program?

My Notes

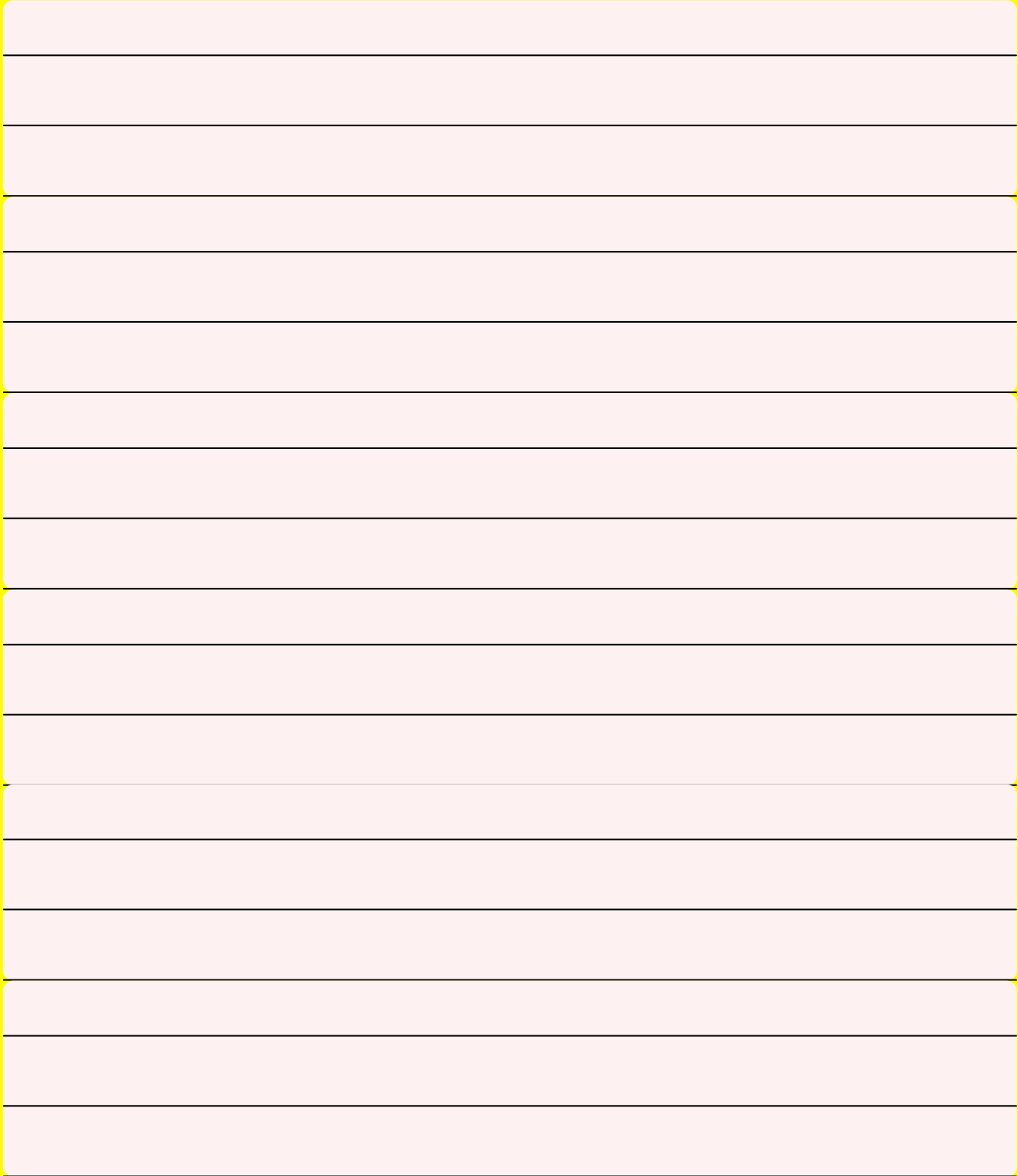
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My Notes

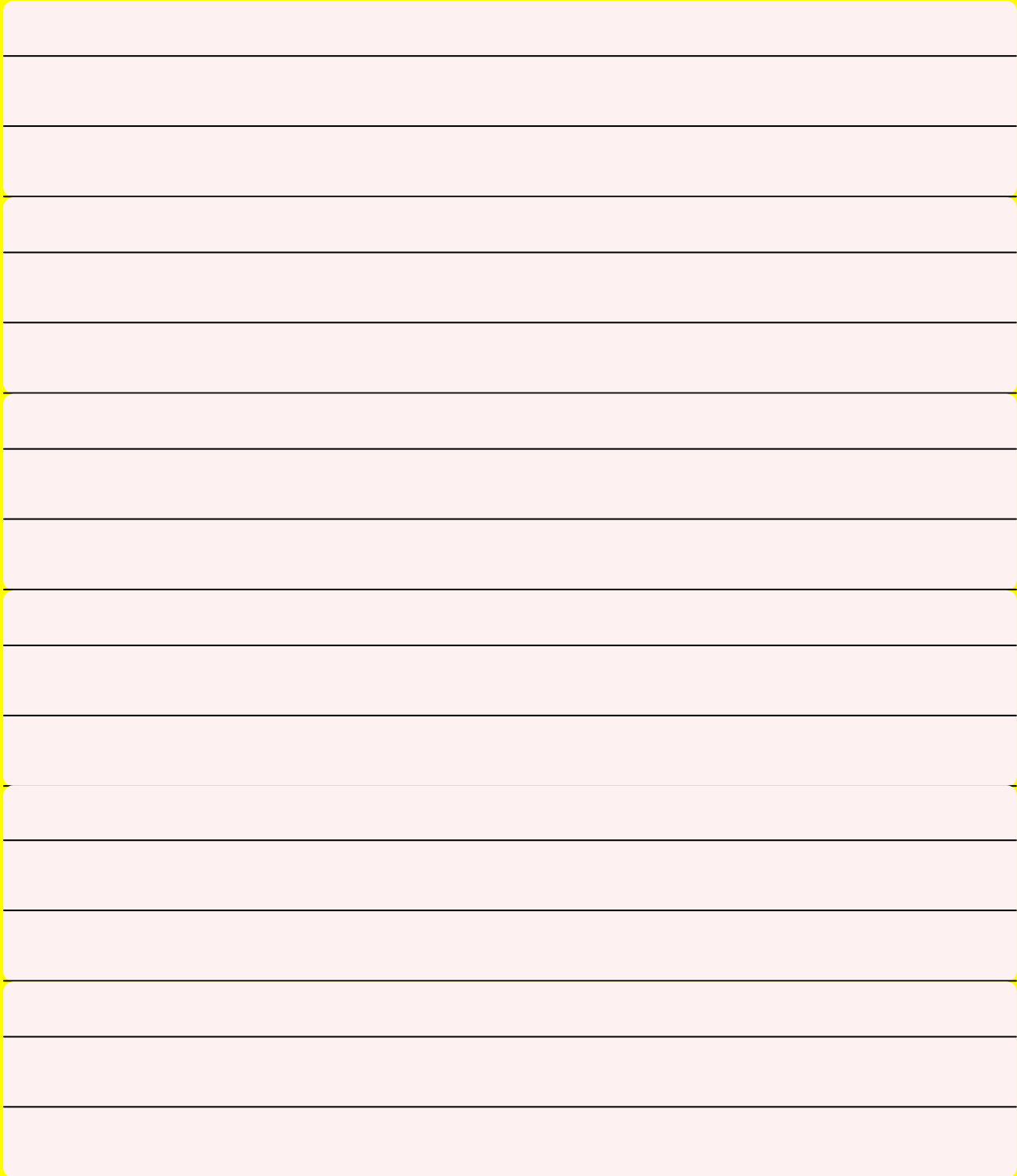


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My Notes

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