



Get Moving Menu

Now that you have learned my 7 ways to go from stuck to started, it's time for you to try them for yourself! Choose one to start and write down how it went for you. Did it work? Was it uncomfortable? What might you try differently next time? I've also included 3 additional spaces for you to record some ways of your own!

Remember, waiting around until your fear disappears usually just makes it worse so get started with those baby steps today! You can do it!

1. Coach yourself out loud

What did you say? What worked the best? What might you say next time?

2. Look closer at what you're choosing by freezing

What are you choosing by staying stuck? How does it feel to consider your frozen state a choice? What might you choose instead?

3. Call a friend to help

Who did you call? What things did your friend have to share? If it wasn't helpful, who else can you call?

4. Do something completely unrelated to what you're frozen about

What would feel the best to do? How do you feel after doing that thing?

5. Do something physical

What did you do? How did it feel? How do you feel now?

6. Reward yourself

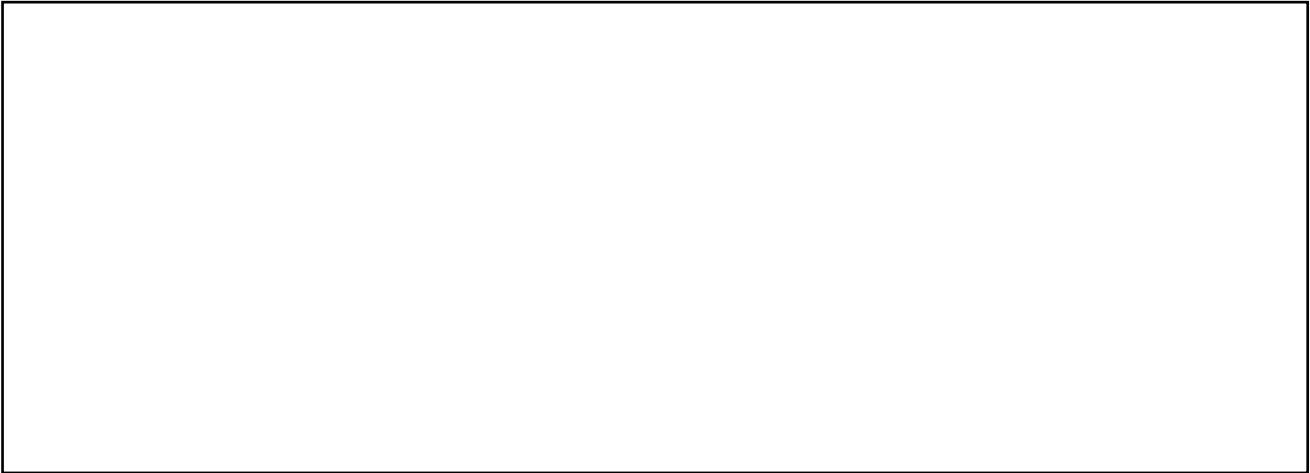
What would most excite you as a reward? What would most motivate you? How did having that reward help you move forward?

7. Build the belief that you can handle whatever happens

Do you believe that you can handle what happens? What can you do to begin to believe that?

8.

9.



10.



Email me at varonica@hugyourfear.com if you have any questions, comments or just want to say hello! I'd love to hear what you're up to and to cheer you on or offer support!

Happy Fear Hugging!