

Moving on from a Muddy Puddle

Roadmap

Step 1

Time to assess your current situation with a few guiding questions such as

- Have I put and kept myself here? (Be honest as you can move on from it when you are)
- Why do I feel the need to play it safe?
- How do I see myself in 1 months?
- What can I do today to move forward?

Step 2

Get out of muddy puddle by doing something different - walk in nature - go for a shower - pop on a different outfit from the day to day - buy yourself some fresh flowers - play some music and move - allow yourself to cry as holding it in won't do you any good.

Step 3

Commit to doing 3 things per day that will help continue the momentum. You may choose to write a gratitude list (even one item on the list is fine), go for a 15 min walk/swim or be intentional about the food you eat.

There is no pressure to commit to the same things everyday. Just being aware and conscious rather than reactive will help.