

7 DAYS TO GET UNSTUCK

a DIY guide to creating momentum

Pandemic got you stuck? Does it feel like life got put on hold? Don't worry, you are not alone. And there are ways to get momentum going. Simply take our 7-day Get Unstuck Challenge and start to see and feel the change. And no, there are no short cuts, but every step taken in a direction that lifts ourselves, and others, is a step well worth taking. Let's get going!

One micro-challenge every day for the next week. All you need is you + pen&paper + 5-15 min per day. And hey, why not do the challenge together with some friends or family members and share your experiences.

by Anna Dibell (Licensed Mental Trainer and ICC Coach)

1 THE MIRROR SPEECH

Start the day by standing in front of a mirror. Look yourself into the eyes and say good morning. Give yourself a short pep talk. Only kind words are allowed.

PS! If you want, we recommend you do this specific challenge every day for the coming week.



2 THE FIRST TIME

When was the last time you did something for the first time? Your challenge for today is to do something you have never done before.



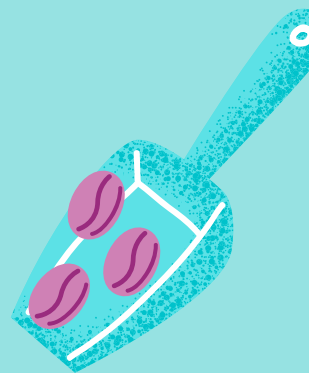
3 WEAR A SMILE TODAY

Spread the good vibes!
Get at least 5 other people to smile and/or laugh today.



4 GROWING GRATITUDE

When you go to bed, write down three things you are grateful for. If you had a "bad day", write down five things you are grateful for.



5 WHO INSPIRES YOU?

Think about three individuals that inspire you and why. Write down your thoughts.

Bonus challenge: if it is a person you know, if you dare, tell them!

6 LEARN TO LOVE MISTAKES

If we never fall, we would never learn how to get up again. Ask your self these questions today and write down the answers:
What can be positive about making mistakes?
How can mistakes help us grow as individuals?



7 FEEL THE FEAR AND DO IT ANYWAY

Choose a situation that you find hard to handle and expose yourself to it. Challenge yourself to meet your fears and do it anyway.



*You did it!
Time to celebrate!*