

## Getting Started Hacks

9 tips to get you moving on the tasks & projects that you just can't seem to start!

### 1. Move

- Go somewhere else! Different table, different room, even a different location!



### 2. Get your Blood Flowing

- Jog in place, do some jumping jacks or go for a walk!



### 3. Change the Little Things

- Use fun pens, turn on some music or light a candle!



### 4. Lower the Bar

- Work for only 10 minutes and stop if you aren't feeling it! 9 times out of 10 you'll want to keep going!



## 5. Tap into Who You Are

- Who do you want to be today? What do you value? How do you want to show up?



## 6. Accept the Discomfort

- Go for No! Challenge yourself to get as many No's as you can. (I promise the sky will not fall.)



## 7. Create some Urgency

- Schedule the event! The best way to clean your house is to schedule a dinner party.



## 8. Build Momentum

- Do the easy tasks first!



## 9. Adjust Your Mindset

- Listen to an inspirational speaker!  
You can do hard (or boring) things!

