

Struggle to Meet Goals?

6 POSSIBLE CAUSES

(AND SOLUTIONS)



YOU'RE FREAKING TIRED

Been a while since you've had time off or pampered yourself? It's hard to get and stay motivated when you're emotionally or physically drained.

SOLUTION:

Rest without distractions or guilt. Set a timer if needed, and commit to taking action only after time's up.



YOU'RE SCATTERED

You have a rough idea of what you're trying to accomplish, but you feel disorganized and not entirely certain about your next steps.

SOLUTION:

Set aside a few minutes to craft a plan. Break it down into smallest possible steps, and write them out in order.



YOU'RE FORCING IT

It's easy to get drained when you're making yourself "push through" on a "should" goal or by using tools/routines that don't work for you.

SOLUTION:

Do you really want this? Are you pursuing it in a way that feels good? If either answer is 'no', let it go or make changes.



YOU NEED A ROUTINE

You have a lot of starts and stops, but you struggle to stick long-term to the actions that you know will move you closer to your goal.

SOLUTION:

Make the conscious choice to make yourself do what needs to be done—over and over—until it becomes a habit.



YOU'VE LOST YOUR WHY

The most achievable goals are those that are personal and feel meaningful. Have you considered why this goal *really* matters to you? Does it?

SOLUTION:

Write out how this goal aligns with your values, life mission, or even your current needs. If it doesn't, can you let it go?



YOU'RE AFRAID

If none of the other 5 reasons explain your struggle, there's likely a deeper fear at play (ie, fear of success, failure, rejection, embarrassment, disappointment, etc.).

SOLUTION:

Seek support. A therapist, coach, or an understanding friend can help you rewrite the fear and start taking action.