



Your Next First Step

How to start,
when you don't know
where to start



Create Action through Momentum

1. Brainstorm
2. Feel into the next right action
3. Take action
4. Rinse & Repeat

In any given moment, it's
easy to get hindered by all
the possibilities that could
be acted upon!

This usually leads to
inaction due to feeling
overwhelmed and confused
as to which idea to work on
first.

THAT HELPS NO ONE!

ACTION IS REQUIRED

*Taking any step is required in order to
create a life beyond your wildest
dreams!*

Following, are three steps
that I use to create quick
forward action to get into
Flow!

Brainstorm

Write down 3-6 possible steps you could take

Allow your ideas to flow without concern about timelines/possibilities/reality.

Your Next First Step

Consider your current timeframe

Scan your list

Choose something that feels good to do right now

Give yourself permission to choose something simple and that will give you energy

This is to build momentum!

Take Action

See the chosen task through to completion!

Ensure you get the task to the place where you:

- Ask for external input
- Are set up for when you return to the task

Set up the time and space to return to the task

Once you complete the task, you are in a new place to start.

Create a brainstorm of new options!

Rinse & Repeat

This process will start to build integrity to yourself for seeing through these items to completion.

You will also build Flow as you take action!

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