

Oh, the Places You'll Go

Next Action Worksheet



TAKE THE ROAD
LESS TRAVELLED

Take the Road Less Travelled – Lesson 2

Oh, the Places You'll Go: Next Action Worksheet

NEXT ACTIONS

- Print this worksheet and complete it, or do the exercise in a separate electronic document.
- Use this worksheet to help you bypass your fears and beat procrastination and overwhelm.
- Start a new tiny habit by using the “baby-step” approach (no action is too small)

VISUALISE WHERE YOU WANT TO GO.

Spend a few minutes thinking about where you'd like to go. Make the image as clear and vivid as you can. How will you feel when you achieve this goal? What do you see, smell and hear?

**What does success look like? How will you know you have succeeded?
Define it using your own words (remember to compare yourself with yourself):**

START A NEW TINY HABIT.

Brainstorm ideas for a new, tiny habit that would improve your life and take you where you want to go:

*Example: I want to start going for a 5-minute walk during my lunch break. Keep it small.
"The best training is the training that gets done."*

**REMEMBER
THE BABY STEPS**

No action is too small. Baby steps work because they don't wake up the lizard brain, so we don't feel the same resistance as we do with big, massive changes. Keep it small!

BEAT PROCRASTINATION AND OVERWHELM.

Break a bigger project down into incredibly small, almost ridiculous steps.

Example: "Release my first album and tour the world" becomes "Sit down for 15 minutes with my guitar and brainstorm ideas for my first song."

- **If you feel overwhelmed, pare it down.**
- **Give yourself permission to play and have fun (awaken your inner child).**
- **If you're working on a creative project, create a "zero draft" where you lower expectations and create a safe space for your ideas and thoughts to flow. NO EDITS.**
- **The smaller and focused the task, the less resistance we feel about doing it.**

My incredibly small, almost ridiculous next steps are:

HOLDING YOURSELF ACCOUNTABLE.

When will you start? Circle the day below and put it in your calendar:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

How often will you do it?

Who will you tell? Cross any options that appeal to you (no, this is NOT a multiple choice exam, promise):

- 1. I will write about it in my journal.**
- 2. I will tell my partner/family member about it.**
- 3. I will tell my friend/colleague/classmate about it.**
- 4. All of the above.**

NOTE: Choose someone who you don't want to disappoint and you increase the chances of getting it done.

How will you celebrate?

MOVING FORWARD ON YOUR JOURNEY.

What is the SMALLEST next possible step you can take to continue your journey?

Don't worry if you're struggling to move forward on your journey. Lesson 3 will go into more details on how you can plan for the road ahead (every journey that's worth doing comes with a few challenges). But for now, start brainstorming small steps you can take here:

LESSON 2: NEXT ACTION WORKSHEET

MY OWN NOTES AND THOUGHTS.