

Sometimes your mental motivation sucks

Stop chastising yourself for struggling with motivation, it will only make the problem worse.

I have created these 19 Rut-Busting Goals for you to explore during your [3-Stage Mental Reboot](#) [free].

- Buy a card and use it to write to a friend you haven't spoken to in a while, share what you value about them.
- Do you have a friend with an off-beat hobby? Tag along for a session.
- Do gentle stretches each night before you go to bed.
- Type "upcoming webinar" into Google and attend a session on a topic that's new to you.
- No-credit week – Can you get through a whole week without your credit card?
- Give a random act of kindness – Help out someone who has no opportunity to repay the favour.
- Find out the favourite food of each of your colleagues or community group members.
- Do one hour of exercise before breakfast for the next seven days.



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- Write three paragraphs on what you like about yourself and then translate that into a foreign language.
- Do meditation for 20 minutes each day for the next seven days.
- Cook a meal together with family and friends where everyone participates.
- All digital devices switched off and put in the cupboard between 7 pm and 7 am for the next seven days.
- Be on time for all your appointments this week.
- Take a walk around your neighbourhood block each day and notice three features you hadn't seen before.
- Search the top-selling audiobook on Audible and listen to it.
- Write a list at the end of each day of five things you enjoyed about that day.
- Invent a new recipe, like making bread and butter pudding with fig (that one's taken, it's one of my inventions).
- Write a limerick about something that annoys you.
- Learn how to draw your favourite animal by watching Youtube videos.



Hi, I'm Kirrily Dear

I'm an adventurer and extreme ultramarathoner, I've founded a charity, and I've been a business strategist for more than three decades. My mission in life is to live boldly – and to help you live boldly too.

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