

We all get stuck sometimes - whether it's in the way we think, what we're doing, stuck in bad habits, or in places where we just don't know what to do next.

Have you noticed how negative your thinking becomes when you feel stuck?

It's hard to get motivated to get unstuck, especially when you don't know where to start.

I can't do this.

It's too hard.

Here are 5 things to help you get UNstuck:

- Turn your goals into I AM statements. Your language is powerful, so say what you want. I tell myself "I am an athlete" – this motivates me to eat and train like an athlete, and to be conscious of what I do.
- Dress the part. I put on my workout clothes when I first wake up. I'm giving myself one less excuse not to exercise.
- Ask great questions. What would I do if I felt motivated? How would I feel? What does my most vibrant life look like?

- Forget McGuyver – Diana Nyad that thing! At 64 years old, surrounded by sharks and jellyfish, she still managed to "find a way" and swim from Cuba to Florida. Do you think there were days when she didn't feel like training or swimming? Of course – but she did it anyway!
- Have self-compassion. A 2011 study from the University of California found that self-compassion increases motivation. Self-acceptance is self-compassion.