

Traction Control, a way to move forward when things are on the slide...a 3 point plan

“Traction” = stop the slide, gain some grip, shore up your defences, plug the gaps, review your ‘battle plan’, build a base, initiate thought processes

When you feel yourself on the slide or simply spinning your wheels then you need to put a stop to it. How?...

I found the best way is to grab an anchor point. Something that you do well and/or have a project that you completed with great satisfaction or anything that will give you confidence. Get back to that point, regroup, get some grip & leverage then plan your way forward.

It’s often the simple things that can get us going again. Basic strategies to allow you to again move forward, step by step*.

***“Step by Step”** = one foot in front of the other, constant movement, thought supported by action, never give up, keep punching, motion with motivation

When you feel a lot more sure of yourself, keep the steps going. Review each step after completion, for success. Then keep building on this. You are starting to build Momentum*

***“Momentum”** = success thoughts colliding with action, on a roll, unbeatable, it’s all downhill from here, effortless motion, well oiled machine

Congratulations, you now have Momentum. Keep rolling!

Courtesy David Stevens

Life Solutions Specialist.....’eliminating the problems that hold you back’

Find me @

www.davidstevenslifecoach.com.au

www.facebook.com/davidstevenslifecoach

www.personalpower4me.wordpress.com

<http://au.linkedin.com/in/davidstevenslifecoach>