

Knocked Off Course? Start Here.

You WILL get knocked off course. The question isn't whether it happens- it's how long you'll stay down once the initial optimism and commitment have worn off.

- 1 Acknowledge it- say it out loud.** No drama, no speech. Just the truth of your setback. But down is not out.
- 2 Skip the guilt spiral.** Beating yourself up doesn't get you back on track- it just burns the energy you need to GET back on track.
- 3 Figure out what knocked you off track.** Was it what you had predicted would derail you? Or was it something new? Either way, write it down.
- 4 Break your goal into smaller pieces.** If your action step was a 30-minute walk, do 10 minutes today. Smaller is fine. Doing nothing is a problem.
- 5 Pick a day and a time to continue your efforts.** Today would be better, tomorrow at the latest- not "soon."
- 6 Tell your support person/team-** the one(s) who check in on you. (And if you don't have anyone yet... we should definitely talk.)
- 7 Look at your next steps again.** If something needs adjusting, adjust it. Don't quit- pay attention, reassess, then continue.

Getting back on track isn't a one-time thing. You'll do this more than once. That's not failure- that's how it works for all of us.

What knocked me off track this time:

My smaller piece:

Day and time I'm continuing:
