**WHAT'S KEEPING YOU FROM WRITING YOUR BOOK:**

**TIPS ON HOW TO GET CREATING**

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Based on tried and true coaching principles, here are some tips to get you unstuck...

1) Get **clarity** on your desires.

2) **Take stock** of your life--career, finances, relationships, etc. What do you need to adjust to move forward re: #1?

3) **Set goals** using the SMART system of goal-setting. Make them specific, measurable, attainable, relevant and time-bound.

4) **Build habits**. Identify your harmful and supportive ones. Commit to necessary change. Plan and implement new routines.

5) **Be accountable** and consistent.

8) Now **challenge yourself**. Stretch your limits. Move outside your comfort zones.

9) Practice makes perfect! One day you will achieve **competence mastery**!