

Get Up and Go

7 Steps To Get You Closer To The Life You Want

Even If You're Feeling
Stuck Right Now

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It's Time To Get Up and Go

It wasn't that long ago that I was feeling totally lost. I was at a stage in my life where I knew I wanted change but I had no idea what I wanted it to look like. I had spent so long pleasing others - society, family, cultural expectations - that I had no idea how to put myself first. How was I meant to know what I wanted? I just didn't know where to begin.

It seemed impossible.

But, fast forward three years and here I am, with a life beyond anything I could have ever dreamed of. My days are my own again and, finally, I'm able to put myself first. And you know what? It feels **really good**.

So, how did I do it?

Well, it all started by taking that very first (scary) step. And another. And another. Until finally I found clarity and knew exactly what I wanted my life to look like.



I truly believe that with **clarity, focus and action**, you can achieve anything you set your mind to.

This ebook is here to help you get started with that very first step.

I'm cheering for you, the whole way,

Lisa.

Life and Business Coach

- Step 1 -

Make Peace With Where You Are

Before you can begin any change, you first need to make peace with where you are. Seems a little counter-intuitive? Well, let me tell you, you're never going to find satisfaction and freedom in your life if you're spending your whole time berating yourself, second guessing your decisions and judging your achievements.

If I may hazard a guess, you're not where you thought you'd be in life by now. And that's totally okay! Very few of us are. Life is hard, and we can only do our best. It's time for you to stop judging yourself and ditch the criticism.

Self-loathing never got anyone anywhere. Really.

Instead, I want you to repeat this statement three times **out loud**. Yes, that's right, out loud with volume!

"I accept myself"

Ready? Let's go.

"I accept myself"

"I accept myself"

"I accept myself"

Now is the time for you to accept who you are, and to allow yourself to be open to change and new possibilities.

This process is about transformation, so it is going to be new and it is going to be scary at times. But coming at this journey from a place of acceptance and **curiosity** is going to make it a whole lot smoother, and more fulfilling, for you.

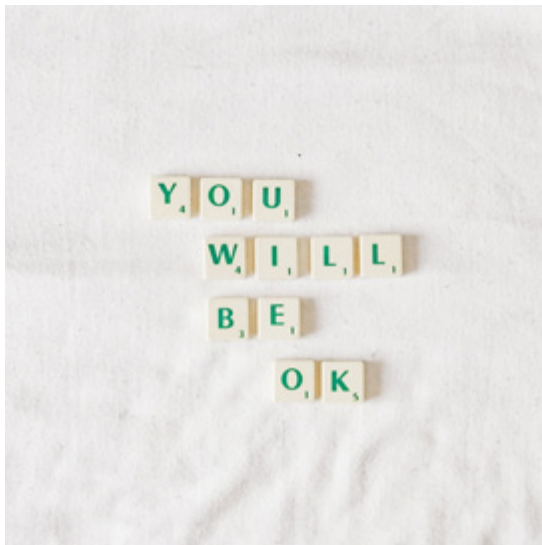
Quit looking outside yourself

When we feel lost in life, one of the first things we do is compare ourselves to other people.

We look at what others have online through social media, adding 'inspiration' to our Instagram feeds but actually experiencing a pit of dread when we open up the app to see others succeeding seemingly effortlessly whilst we flounder around in the dark.

We read memoirs of successful people, people who are living our dream lives, in the hope of discovering that magic 'secret' which will make it all make sense.

We lust after the lives of our friends and family, wondering how they seem so happy and content in their lives whilst we just feel confused. Did we miss a memo somewhere along the way?



And then we tell ourselves "They have it all, I don't have those skills", "I'll never be like them, that dream life isn't for someone like me" or "I don't know where to begin".

What you're actually doing here is comparing your step one to someone else's step fifty. And that's maths that simply doesn't equate. It doesn't make sense.

This is your journey, you're writing your own story. Which means that you need to focus on your life, nobody else's. I want you to start tuning out this noise and work towards removing this comparison from your life. Unfollow those Instagrammers who are making you feel bad, put down those memoirs and stop comparing your life to others'.

It's time to focus on **you**. Only you.

It's time to put yourself front and centre, quite possibly for the first time in your entire life. Your time is now.

Exercise

Write down three steps that you're going to take in the box below to stop looking outside of yourself:

One:

Two:

Three:

Develop self-awareness

Over the course of this journey you're going to need to develop self-awareness. This means really understanding what it is that you enjoy, what interests are popping-up in your everyday life and why you are drawn to them.

There's one question that I'd like you to keep coming back to throughout this process. And that is:

“What am I curious about?”

Start tuning into this question now and begin making notes of what comes up for you each time. You'll see that certain patterns start to emerge. These patterns are going to act as valuable clues throughout your journey.

- Step 2 -

Observe Your Everyday

What if I told you that the solution to the lack of direction you're currently feeling was already inside of you? Would you believe me?

Because it's 100% true.

You already have the answers.

You are the only person who knows what you want. Nobody else can tell you that. What we need to do though is find those answers, tune into them and draw them out of you.

Over the next seven days you're going to write a journal. Now, you might be new to journalling or you might be a life-long journaling fan. Either way, this approach to journaling is a little different.

You're not going to take any action as a result of these daily journaling sessions. Instead, you're merely going to observe how you spent that day, and how you felt about it. This is essentially a data collection exercise, the results of which we're going to use later on.

On the next page, you'll find a beautifully designed journaling template for you to print out and complete each evening. Or, if evenings don't work for you, set aside some time first thing in the morning to complete your journal entry for the day before.

The important thing here is that you complete each journal entry individually rather than saving them all up to complete at the end of the week. There's no batch working here! This is a **daily** practice.

Your Daily Journal

Day:

What did you spend your time doing?

List all the activities that you spent half an hour or more doing.

What was your joy level during these activities?

What would you like to have added to this day for more joy?



- Step 3 -

Design The Most Perfect Day

If you could allow yourself to dream without limits, what life would you conjure up for yourself?

This is where the self-acceptance that we worked on earlier is really going to come into play. Because so often, when we give ourselves space to dream we're not actually allowing ourselves to dream fully. We're too busy telling ourselves a story around our abilities, our skills, our financials and our time.

We actually end up placing **limits** on ourselves and not actually dreaming at all.

So, again, let's remove those limits. Even if it's just for a few moments.

Imagine that you have the whole world at your fingertips, that anything is possible. What day would you dream up for yourself? What would this beautiful perfect day look like for you?

It might be a day filled with adventure or a day quietly spent in one place. Either way, it doesn't matter. All that matters is that this is a dream day **for you**, the kind of day that fills your core with butterflies and hope just by thinking about it.



Exercise

Use the space below to conjure up a perfect day for yourself - no limits!

Exercise

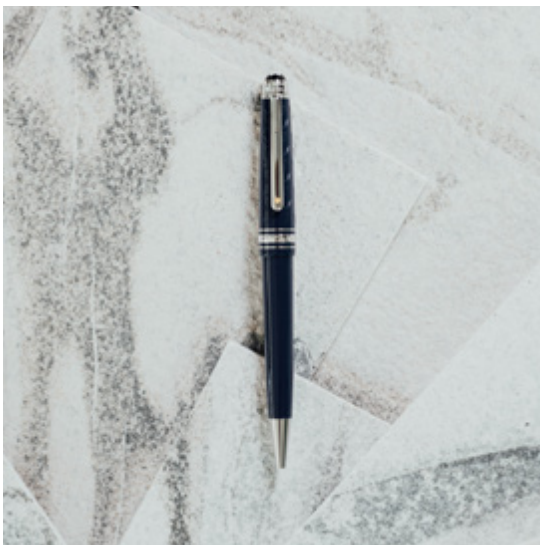
What are the ingredients of your perfect day? Jot them down below, this is your joy list.

How did you find that exercise? No matter how distant or close your beautiful day is to your reality right now I want you to remember one thing - that beautiful day is possible for you.

Everyday we place limits upon ourselves, often before we've even gotten out of bed. We think that certain things aren't possible, that there isn't enough time in the day to get things done or that we need to do certain tasks which means that we won't have time to spend on ourselves. And I use the word spend here deliberately - your time is a currency and, just like your money, it's up to you how you spend it.

Or perhaps the limit you're placing upon yourself isn't to do with time at all. Perhaps you're telling yourself a story where that perfect day could have been your everyday, if only in another life. If you'd made different decisions, different choices, that day could have been yours.

Well, I'm handing you a virtual permanent marker so that you can scratch out those stories. It's time to start writing a new one. One that is true and real.



The only person placing these limits on you is...you. Yes, that's right, **you!**

If you remove those limits, that perfect day is well within your grasp. It might take some time, and some work, to get there but it is within your grasp.

- Step 4 -

Observe The Changes You Need To Make

Remember those spot the difference exercises you used to play as a kid? We're going to run through one of those again now.

In order to bridge the gap between your dream day and your current day, you're going to need to take action. Now, this isn't going to be any old action. It isn't going to be the kind of action where you tell yourself you're busy but actually, you're just going round in circles. No - you've given up those circles of confusion for good now!

This is the kind of action that gets you moving forwards. This is **get up and go action**. It's focussed and is designed to get you moving towards those big dreams.

Sometimes this action may require you to learn new things. It might require you to drastically change how you're spending the bulk of your time. It might (in fact, it most likely will) require you to say 'no' to activities that are no longer serving your dreams.

And it will definitely require you to dig deep and muster through the challenging times, because not every step of this journey is going to be easy. I'd love to be able to tell you that it is but I just can't pull the wool over your eyes like that. What I can tell you though, is that it is fully **worth it**. And that's from someone who's been through it all and come out the other side so you know it's true!

Bearing all this in mind, what do you need to do in order to bridge the gap between this beautiful day and where you are now?

Note down three big changes or steps that need to be taken in your life to get you to that dream day. The day that you fully **deserve** to have.

Again, don't allow yourself to think that these dreams are too big or that they're not possible for someone like you. Because they **are** possible.

Imagine that you're advising a friend, how would you speak to them about their dreams? That's how you should speak to yourself too.

Exercise

Note down those three big changes below:

One:

Two:

Three:

Now that you've got those big changes written down, it's time to make them achievable. This means translating them into SMART goals.

Wondering what a SMART goal is? You can read more on the subject [here](#) and I've outlined the acronym for you too.

S - Specific
M - Measurable
A - Attainable
R - Relevant
T - Time-bound

By turning these big changes into SMART goals, you're reformatting them in a way that will make your goals more achievable. Look back at the three big changes you listed above. How can you rewrite them in a way that makes them SMART to increase your chances of success?

Let's say one of your big changes is getting fit so you're ready to bounce through that dream day filled with energy. Getting fit isn't a SMART goal. How will you know that you've achieved the goal? When do you need to achieve it by?

However, saying that you will be working out consistently for at least one hour, three times a week by December of this year is a SMART goal. Do you see the difference? Good.

Exercise

Now, it's your turn. Rewrite the three big changes for your beautiful day as SMART goals below:

One:

Two:

Three:

- Step 5 -

Go From Goals To Actions

One of the best ways to build momentum is to really feel the results of the work you're putting into goals, **as** you're doing it. It's the perfect pick-me-up when times are feeling a little tough and you need a little bit of extra reassurance that you're on the right track and all this hard work is going to pay off at some point.

To get this feeling, you need two things:

1. Actions that actually correlate with your goals
2. Actions that are small enough that you can feel the incremental progress

This is super important so I'm just going to repeat that for you. Your actions need to be working towards your end goals (i.e. moving you closer to that beautiful day) and broken down into achievable small steps for you to take along the way.

Of course, these actions aren't going to jump out at you right away. You're going to need to think really hard about these and really ask yourself if they're going to be helping you get closer to those goals.

But the wonderful thing is, once you've got your action list nailed **you've already done the hardest part**. Because you've already started! So bear that in mind throughout this step, this is you choosing to get up and go.

This is moving you towards a life that is beautiful and your own.

For each of your SMART goals, you're going to ask yourself what you need to do in order to achieve them. And you're going to break that down into different time periods. So, you'll ask:

- What do I need to do this week?
- What do I need to do this month?
- What do I need to do this year?

The idea here is to start with those really small steps and then ramp them up as your confidence and your expertise grow. If you need to break it down further beyond that then do feel free. You could add in a step for each quarter, for instance, if that's something that feels good for you.

Take care to ensure that each action really is just that - actionable. It needs to be something specific that you're going to do to start reaching those goals.

Exercise

Smart Goal #1:

What do I
need to do
this week?

What do I
need to do
this month?

What do I
need to do
this year?

Smart Goal #2:

What do I
need to do
this week?

What do I
need to do
this month?

What do I
need to do
this year?

Smart Goal #3:

What do I
need to do
this week?

What do I
need to do
this month?

What do I
need to do
this year?

- Step 6 -

Give Yourself The Gift Of Time

Now that you have your actions all planned out, it's time to get going and start doing them! Which means that you need time.

And although I really wish it wasn't, time is a **limited currency**. We only have a finite amount of time in each day, which means that you're going to need to be really mindful of how you're using it. Remember when I told you back in Step 4 that you were going to have to say 'no' to the activities that aren't serving your dreams? Well, that starts now.

You're also going to need to start using your time a lot more strategically. Which can be done in one of two ways:

1. Batch working
2. Time blocking

Batch working

If you're time short and have been looking for more productive ways of working, then chances are that you've heard of batch working. This method sees you organise similar tasks into groups and work through them in a batch, or all at one time. The idea is that you're able to maintain your focus and work more efficiently because you're working on similar activities in one set time period.

Batch working is an incredibly useful way to organise your working week in a way that is more focussed, more productive and more efficient. But it can also find its uses in your personal life.

Let's look back at the seven day journal you completed in Step 2 again. What activities came up for you each day?

Can any of these activities be grouped together so that you work through them all at once? If so, excellent! Batch these tasks together so that you're tackling them just once a week, and then use the remaining time to start putting those actions into motion.

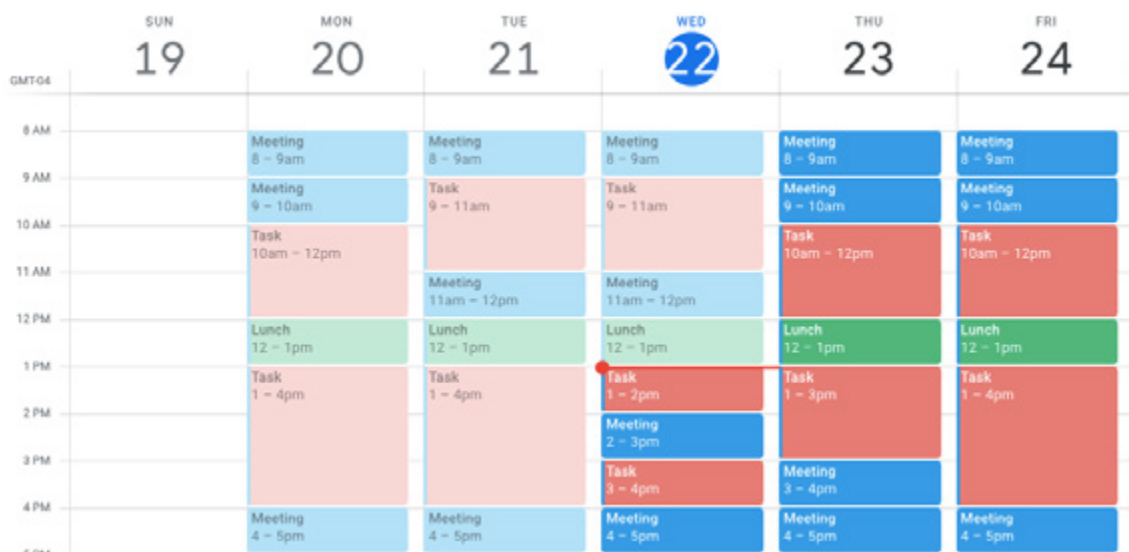
Time blocking

Just like batch working, time blocking sees you group activities together but in a much more granular way.

The time blocking method is simple but incredibly effective. Each hour of your day is blocked out for a different task or set of tasks, meaning that you stay focussed and keep moving forwards towards those goals.

It's also a helpful way of maintaining your attention span as you will regularly change from task to task, meaning that you stay engaged and interested whilst still achieving results.

Here's an example of what that can look like in practice with a time blocking calendar:



[Image Source](#)

Review and improve

Once you've found a time management strategy that works for you, it's up to you to put it to the test! Start working through your first week of actions and get going towards those big dreams of yours.

As you go along this process, you're going to find that some of your actions are working really well for you. You're also going to find that some of them are... well, a little more challenging. It might be that they're simply a little trickier to get going with or it might mean that they need switching out for something else.

Adding a 'review and improve' cycle to your week will give you the space you need to check-in with your progress, soak up those achievements and tweak anything that isn't quite working the way it should be.

At the end of each week, set aside fifteen minutes to check in with your progress and see what needs to be tweaked. Be kind to yourself but stay honest.

Here are some review questions to get you started:

- Have you been procrastinating? If so, why? What is holding you back?
- What have you done to move towards each goal?
- What went well?
- What do you need to change for next week?

Soon enough, this process will form a regular part of your Sunday night routine. It should become something that you look forward to, safe in the knowledge that you're making progress and can **celebrate** each achievement along the way.



- Step 7 -

Ask For Help If You Need It

We both know that it's not always going to be plain sailing. There will be hiccups along the way but I want you to try and use these as motivation to keep going! These hiccups are exactly why so many of us aren't creating the life of our dreams - because we let those hiccups turn into barriers and stop us from progressing.

Well, I know you're not going to do that anymore! You're going to keep going and you will overcome these hurdles.

It's also okay to ask for help. If you hit a wall, you can ask for some support. You don't have to go through this journey by yourself. Really, you don't.

These are some of my favourite places to find extra support when I need it:

- A course, to help me get where I need to go, quicker
- A guide, to show me the path I need to take
- A teacher or trainer, to give me the skills I need for those actions to really take effect
- A support community, to have my back when times get tough
- A coach, to help me find the answers within myself

Remember this: **you are not alone**. Change is hard but it's worth it.

I believe in you.



About The Author



[Lisa Ibbby](#) is a mother, a business owner, a founder, and an executive leader.

She's been through it all and has come out the other side to thrive.

Now, she's helping individuals and businesses to do the same as a certified Business and Life Coach.

Lisa works with clients around the world to help them find clarity, get focussed and start taking action from her home in Brunei.

Do you need an extra boost to get up and go?

Book a **free** clarity call with Lisa to find out where you can start taking action, today:

I'M READY FOR CLARITY

