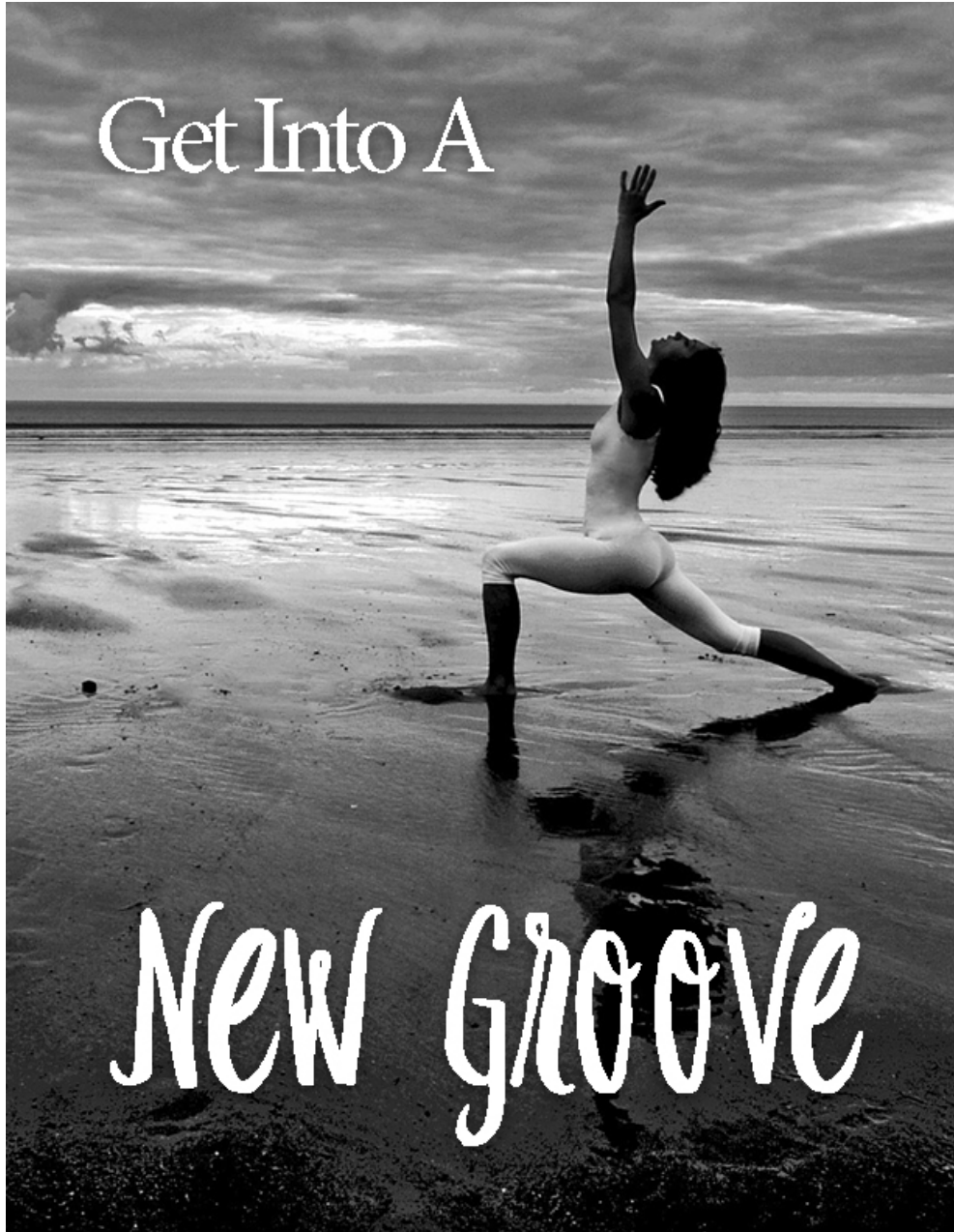


Get Into A New Groove Workbook
By Dr. Patricia Brawley



Get Into A New Groove Workbook

Now, it's time to dig deep and learn more about yourself. Try to find a quiet place so you can spend some time reflecting on the questions. Share your honest thoughts here – there's no judgement or right answer. You are free to journal, brainstorm, and doodle in this space.

[From: 3 Reasons Why You Can't Get Into Productivity Mode]

1. When you struggle to get into your normal rhythm, what's usually the cause?

2. How often do you pause to listen to what your body needs?

3. How do you take care of your body when it has a need? In what ways, do you put yourself on the back burner?

[From: Achieve Inner Peace and Focus with These 6 Strategies]

1. When you're overwhelmed, what helps you relax the most?

2. Do you find yourself frequently flitting from task to task without accomplishing anything? What do you think is causing this?

3. How can you create a system that lets you capture and organize your ideas?



Overcoming Inertia

