

## Get Out Of A Rut

Feeling stuck in a rut often starts with worry. When you imagine the future you want, but can't imagine how to get there, worry sets in. Worry keeps you fixated on the existence of hurdles, instead of on how to jump them.

Of course change seems impossible if you expect it to happen within the status quo. To create a change and get out of a rut, work backwards from the future you want.

First, think of a time far enough in the future that it's easy to believe things could be different. Imagine your life in this future. Then...

1 Describe the different parts of this ideal future as thoroughly as you can. Write down as much as you can imagine.	2 "What would need to be true for this future to exist?"*	3 What small steps can you take now, in order to make that true?
How do I start my day?		
What does my work life look like?		
When do I engage in hobbies?		
Who do I spend time with?		
What habits do I maintain?		

\*This worksheet is inspired by "The Unusual Secret To Stop Worrying" within The Mental Health Update newsletter by Jordan Brown.