

# 6 Tips To Get Unstuck

Not actively pursuing your dreams? Fear is likely to blame. Fear can stop you from taking the actions necessary to achieve success.

**1 Let Go Of The Past**

**2 Change Your Perspective**

**3 Start With Small Changes**

**4 Explore Your Purpose**

**5 Believe In Yourself**

**6 Practice Self-Affirmations**

For more support with getting unstuck visit  
[www.novaquestcoaching.com](http://www.novaquestcoaching.com)  
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