

# 5 HABITS KEEPING YOU STUCK

Simple shifts that help create momentum, confidence, and growth.

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## 1. Waiting to Feel Motivated

Motivation is inconsistent. People who create real growth learn to take action even when they don't feel fully motivated. Momentum is built through consistency, not emotion.

## 2. Overthinking Instead of Acting

Many people stay stuck because they spend more time analyzing than actually moving forward. Clarity often comes after action, not before it.

## 3. Lack of Structure

Without routines, priorities, and boundaries, it becomes easy to drift through the day reacting instead of intentionally moving forward.

## 4. Avoiding Discomfort

Growth requires uncomfortable conversations, difficult decisions, and consistent effort. Avoiding discomfort often keeps people trapped in familiar patterns.

## 5. Inconsistency

Starting strong but failing to follow through repeatedly creates frustration and self-doubt. Small consistent actions build confidence over time.

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Real growth doesn't happen through perfection. It happens through intentional action, structure, accountability, and consistent effort over time.

The goal isn't to become perfect overnight.

It's to become someone you're proud of.

**The Braver Path Company**