

Clarified Drive Exercise

Here is an exercise you can do right now to take a situation where you feel stalled progress and follow your drive.

1	First consider, what is an area where you are procrastinating or feel frozen in making progress?
2	What is your ideal outcome?
3	Why is it important?
4	Is it critically important to you as your drive?
5	Do you love your reasons for this drive?
6	When in the moment, how does fear show up to take you off track? What are the doubts that keep you from moving forward?
7	Where will deferring to the fear lead you? What will be the outcome?
8	How would you feel about the outcome?

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9	Where will embracing the drive lead you? What will be the outcome?
10	How would you feel about the outcome?
11	What decision can you make and what action could you take right now to embrace your drive?
12	Why do you want to make this choice?
13	How do you feel when you honor your drive? Even when there's fear?
14	What do you believe about yourself that you didn't before?
15	In what other areas will this benefit you?
16	Are you ready to commit to this decision being done to just do it?