



# Move forward

Sometimes it feels hard to move forward in life. Whether that's related to work, school, relationships or personal goals, feeling stuck can be frustrating. You may not know where to start or you may wonder what you're doing wrong.

## Tips for moving toward your hopes and goals

- Face and process what you want to leave in the past. In order to let go of guilt or shame about mistakes or perceived "failures" it's key to first name, accept and allow your feelings. But it's also important to care for yourself as you recognize those feelings. It's self-compassion, not self-criticism, that fuels lasting positive change.
- Connect with your values. You know you want to make a change, but why? How will it help enhance your life? How will it bring you closer to what's most important to you? Understanding this can help you clarify your goals and increase your motivation.
- Identify barriers. Ask yourself: What's holding me back from taking a step in the direction I desire? Are you afraid, worried what others will think, doubting your abilities? Are negative thought patterns holding you back? It may be important to gather more information, learn new skills and talk to someone who can help.
- Remember: To get different results, you often have to make different choices. Start small and remember that change doesn't happen overnight. It's a process. You also don't have to feel fully ready to start shifting gears. A common trap people fall into is waiting for the "perfect" time to make a change.
- Practice staying present. When you feel unfulfilled in the here and now, it can be easy to fast forward in your mind to better days. But "living" too much in

the future can lead us to miss out on what's in front of us. Plus, being mindful can open us up to new possibilities and paths forward. Take some time each day to ground yourself in the present by taking deep breaths and simply noticing your surroundings, thoughts, feelings and bodily sensations.

When you feel stuck, it can seem like your current emotions and circumstances will last forever. But moving forward is possible and you can find ways to add more fulfillment to your life.



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