

## Outline

### Getting Started

Every new project, endeavor, goal, or dream must begin somewhere, so it is critical that we have the ability to get things off to a start. Until we get moving, nothing new or good can happen – and frequently, the beginning is where we will get stuck. Once we understand what is getting in our way, we can learn new ways to move toward the good we desire. Dr. Cloud will provide a list of diagnostic questions that will help you uncover what is keeping you from getting started.

#### Small group discussion questions:

- 1) Name a specific unrealized goal, dream or desire. In what areas are you stuck?
  
- 2) See the list below: what applies to you? (There may be more than one.)
  - Blocked Desire or Motivation - How bad do you want it?
  - Lack of Energy - emotional or physical
  - Learned Helplessness: Has your past taught you that you can't change your circumstances?
  - Lack of positive models
  - Lack of a community outside of family
  
- 3) What action steps can you take in order to "get started?"