

GETTING STARTED HACKS:

IF YOU ARE HAVING TROUBLE GETTING STARTED, ASK YOURSELF,

"WHAT IS HOLDING ME BACK FROM STARTING RIGHT NOW?"

USUALLY, THE ANSWER IS ONE OF 5 COMMON HOLD-UPS. HERE ARE THE HOLD-UPS AND SOLUTIONS TO GET YOUR GOING!

1) Overwhelmed with amount of work

- 1) Use ECC project planner to breakdown amount of work into manageable goals.

2) I don't have what I need to get started.

3) I don't understand the directions.

4) I don't understand the material.

5) I have too much other stuff going on.

6) My physical needs are not met. HALT: I am hungry, tired, lonely, or angry

5) Other