

Playing Big with Tara Mohr

You Aren't Lazy!

Let's Figure Out What's Really Going On Instead.

1. What is the thing you think you have been being lazy about? *(For example: exercising more, working on my business idea, promoting my artwork, organizing my home.)*

2. Is this goal truly resonant for you, or is it a "should"? Did you decide you need to pursue this goal because of someone else's opinion, or your own inner critic, or a general prescription for advice? And even if the overall goal is resonant for you, have you ended up using a way of approaching that goal that is not resonant for you?

3. If any aspects of the goal, or your approach to it, are “shoulds” consider 1) can I drop this goal entirely and focus on those that are more resonant for me? Or 2) can I revise something about this goal so it’s more true to who I am? *(For example, you might drop a goal to post about your business on social media daily if you realize this is more of a “should” thought than the way you actually want to grow your business. Or you might revise a goal of running every day to a new form of exercise that you enjoy much more than running.)*
4. Is fear also contributing to my inaction? When I imagine myself powerfully moving forward on this goal, what emotion do I feel in my body? If it’s feeling like fear or nervousness, what are the fears? *(Often these are fears of rejection, criticism, failure, disruption to relationships, or change.)*

5. Check in with yourself: are there any unmet needs for information or support that are causing you to get stuck? For example, do you maybe need a thought partner on this project, or an accountability buddy, or help with some aspect of the work?

6. Are there any other uncomfortable feelings that could be causing your inaction? These might include uncertainty, the challenges of being a beginner, or conflicted feelings toward the goal.

7. Review your answers above. What did you learn about the “shoulds” or emotional blocks that are actually causing your inaction?

8. The awareness you created through your journaling above will help to get things moving again! In addition, you can also take one of the following steps to help deal with what's really going on underneath that label of laziness:

- Use some **fear tools**, or refer back to Chapter 3 about Fear in *Playing Big*, to work through fears
- Drop or revise your goal if having a “should” goal was your issue
- If your block was unmet needs for support, enlist the help you need
- Journal or talk to a support person about uncomfortable emotions to work through them

For more resources to support your Playing Bigger, visit taramohr.com or get the *Playing Big* book [here](#).