

Worksheet: Moving Without Waiting to “Feel Like It”

April 2026 - Unstoppable You: Worksheet, Week 2 - 4/13/26

Purpose: To help you break the habit of waiting for motivation and start building consistency through action.

1. Notice the Pattern

Where in your life have you been saying, “I’ll do it when I feel like it”?

What have you been putting off?

2. Check In Honestly

What feeling are you waiting for before you take action?

Is that feeling something you can control?

3. Choose a Small Step

Instead of waiting, what is one small action you can take?

When will you do it?

4. Build Self-Trust

Finish this sentence:

“Even if I don’t feel like it, I can still _____.”