

# From Stuck to Started

## *The Get It Done Guide*



10 Science-Backed Tools to Help You  
Beat Procrastination and Boost Productivity





# It's not about trying harder.

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Feeling stuck, unmotivated, or overwhelmed by the weight of uncompleted tasks? It's easy to fall into the trap of thinking you just need to “try harder” or “push through,” but the truth is, lasting change requires more than just willpower. You need a system that works for you, one that taps into how to optimize your natural strengths and build momentum over time.

The key to overcoming procrastination and boosting productivity lies in **how you approach your goals**—and these tools will help you do just that. In this guide, you'll discover **10 science-backed tools** designed to help you **break free** from the cycle of frustration and inaction. Whether you're looking to stay focused at work, tackle a long-overdue project, or build lasting habits, these tools will give you the confidence and clarity to **take meaningful action**. Start using them today and watch your productivity—and motivation—soar.

***Lasting motivation isn't about willpower—it's about creating a system that makes action easier. By leveraging small wins, strengths-based strategies, and intentional habits, you can break free from procrastination and build momentum for success.***

# 10 Proven Tools to Move from Stuck to Successful

Struggling with procrastination or feeling stuck? You're not alone—and the solution isn't just "trying harder." These proven strategies, grounded in psychology and brain science, will help you shift your mindset, boost motivation, and take action with confidence. Whether you're a student, professional, or lifelong learner, these tools will help you move from stuck to successful—starting today. Let's get started!

## 1. Intentional Happiness: The Positivity Pizza

- ◆ **Why It Works:** Happiness isn't just a feeling—it's a habit! Studies show that 40% of happiness is within your control, shaped by daily choices. Practicing small positive actions boosts motivation and resilience.
- ◆ **Try This:** Make a list of simple, daily happiness boosters (e.g., gratitude journaling, listening to music, celebrating small wins). Think of them like putting your favorite toppings on the pizza of life!

## 2. Mindset Shift: Smart Is What You DO

- ◆ **Why It Works:** A growth mindset—the belief that effort leads to improvement—enhances learning and perseverance. People who embrace challenges as opportunities for growth achieve more over time.
- ◆ **Try This:** When you struggle, ask yourself:  
What can I learn from this?  
What is the next step I can take?



***Remember: Focus on progress, not just results.  
Every small step forward is a win!***

# 10 Proven Tools to Move from Stuck to Successful

Procrastination research shows that it's really about avoiding tasks when they feel overwhelming or uncertain. We are wired to avoid discomfort and seek immediate rewards. The key to overcoming procrastination is not forcing yourself to work harder, but instead using brain-friendly strategies.

## 3. The Power of Process Praise

◆ **Why It Works:** Praising effort and strategies (rather than talent) encourages persistence and learning. Saying, “[Your name], I love how you kept going even when it was hard,” fosters resilience.

◆ **Try This:** Reflect on a recent challenge you overcame. What specific actions led to your success? Bonus points if you say your name to yourself in your praise!

## 4. Tell Me Something Good

◆ **Why It Works:** This simple practice rewires your brain for resilience and motivation by focusing on success. Regularly reflecting on positive moments strengthens well-being and helps you see what gets you more of what you want.

◆ **Try This:** Each night, answer these four questions:

- What went well today?
- What was good about it?
- Why did it happen?
- What can I do to get more good things like this?



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## 5. Invest in Relationships (ACR Method)

- ◆ **Why It Works:** How you respond to others' good news matters more than you think! Active-Constructive Responding (ACR)—showing enthusiasm and asking follow-up questions—deepens relationships and boosts mutual happiness.
- ◆ **Try This:** Next time someone shares good news, express genuine excitement and ask, “Tell me more!”

## 6. Work Backwards: The Week-at-a-Glance Method

- ◆ **Why It Works:** Reverse engineering your schedule helps you prioritize and break overwhelming goals into actionable steps. This method improves time management and reduces stress.
- ◆ **Try This:** Plan your week in reverse: Start with the deadline, then break the task into smaller steps, scheduling each one backward from the due date.

## 7. Don't Do It for Them

- ◆ **Why It Works:** When parents, teachers, or leaders rescue others from challenges, they rob them of growth. Struggle fosters self-regulation, independence, and problem-solving skills.
- ◆ **Try This:** Instead of stepping in, ask: What's your plan to handle this? Guide with questions, not solutions.



*If someone tries to rescue you when you aren't in danger, say “Let me try again.”*

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## 8. Make the Last Minute Happen Sooner

- ◆ **Why It Works:** Procrastinators often thrive on the feeling of urgency. By creating a sense of urgency earlier, you trick your brain into action before it's too late.
- ◆ **Try This:** Set “fake” deadlines, use a timer, or make a public commitment to hold yourself accountable.

## 9. Use Your Strengths

- ◆ **Why It Works:** Research shows that using your natural strengths leads to higher achievement, confidence, and happiness. Aligning tasks with strengths enhances motivation and success.
- ◆ **Try This:** Take a strengths assessment (like VIA Character Strengths) and brainstorm ways to apply your strengths daily. Bonus points for using strengths in new ways or combining them!

## 10. The Peak-End Rule: Make Endings Count

- ◆ **Why It Works:** We remember the high points and endings of experiences the most. Ending on a positive note increases satisfaction and motivation.
- ◆ **Try This:** Finish tasks with a small reward, reflection, or a positive closing action (e.g., celebrating progress).



*You need a system that works for you, one that taps into your natural strengths and builds momentum over time.*

## Bonus: The Secret to Lasting Motivation

We've all been there—feeling stuck, unmotivated, or overwhelmed by the weight of uncompleted tasks. But motivation isn't about willpower—it's about *designing a system that works for you*.

Science shows that *consistency beats intensity*, and *small, repeated actions create lasting change*. When you *focus on building habits* instead of relying on bursts of motivation, *success becomes automatic*.

*You can break free from the cycle of frustration and inaction.*

### What Works?

Try This:

- ✓ **Make it easy** – Reduce friction by designing your environment for success (e.g., set out workout clothes the night before).
- ✓ **Start small** – Tiny wins build momentum. Commit to just 5 minutes and let it grow naturally.
- ✓ **Celebrate progress** – Acknowledge every step forward, not just the final outcome. Progress fuels persistence.

**Lasting motivation isn't about pushing harder—it's about creating a system that pulls you forward.**



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# Let's Optimize Your Future

## Identify Your Cognitive Advantages

Your sustained focus, innovative problem-solving, and ability to see what others miss aren't compensations—they're competitive strengths worth leveraging strategically.

## Design Personalized Systems

We'll create frameworks that work with your natural processing style, not against it. This means optimizing your environment, building sustainable workflows, and creating accountability that actually supports your success.

## Develop Executive Presence

Learn to articulate your value, design optimal working conditions, and position your unique thinking style as the strategic asset it is.



### I'm Sherri Fisher

Through my private coaching practice, acclaimed books like *The Effort Myth*, and dynamic speaking engagements, I've guided thousands to success. I bridge neuropsychology and positive psychology with specialized coaching and consulting, translating science into tangible, real-world outcomes for individuals and organizations.

[LEARN MORE HERE](#)

## What do people say about me?

"Sherri could give a stone confidence. As a member of her incubator group, she helped me transform an overwhelming number of ideas into clear, executable action steps to start my business. Most importantly, she taught me to embrace failure as a discernible feedback guide to show me the path to true success."

Entrepreneur - Health Services