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**ART OF COACHING PODCAST™ EPISODE 365:**  
**HOW TO GET THINGS DONE WHEN PROGRESS FEELS IMPOSSIBLE**

Right now, where in your life does it feel like the universe is working against you, where you're trying to make progress but keep hitting obstacles? What are you working toward, and what challenges are standing in your way?

What's the very next step you can take to break inertia and start making progress? Get specific—what's one small, tangible action you can take today to start building momentum?

Are you getting in your own way? Do you struggle with overthinking or perfectionism? Take an honest self-audit and identify where YOU might be one of the challenges holding yourself back.



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When setbacks pile up, who or what helps you regain focus? Identify the people, activities, or strategies that help you clear your head and regain perspective when you're stuck.

How can you harness the power of brutal sprints? Brainstorm unconventional ways to chip away at your goal—even if it's indirect, messy, or done “with a crayon” (you’ll get the reference from the episode).

Balance doesn't exist. What needs to be sacrificed to get the job done? Be honest with yourself about what must be temporarily deprioritized, or permanently cut loose, so you can fully commit to what matters most.



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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# Art of Coaching Podcast™



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