

How to Get Off the Couch and Get Motivated

A 10 step guide for those going through a tough transition and not knowing where to begin



Forward

Believe it or not, you have taken a huge step! You have downloaded this eBook and have begun your process of getting off the couch and moving forward. There are so many people who have a desire but lack the motivation to get started. Not You!

No matter what life throws our way, once a person sits down and gets comfortable, it's hard to break the cycle. We never imagined that our sitting down would last so long but when we look up, months have past and we are still down. It's not an easy process but it is possible! I'm a living testament! I too once sat down and got comfortable. My couch now has soft spots in places I laid and sat everyday for months. I slept, ate, watched T.V./movies and even cried on that couch. But now, I'm walking in my purpose.

I am honored to be a part of your journey, your process! I encourage you to read this eBook as many times as it takes for you to get moving. Don't rush your process or your journey. It's not the same for all. Don't look to the left nor the right. Look to God and keep focused on your goals. When you do that, the couch will no longer be your place of comfort. You will find peace, comfort, motivation and a sound mind in King Jesus!

I pray that you enjoy reading this eBook as much as I enjoyed writing/sharing!

Peace and Blessing,

Chrisheena Lynne

10 Steps to Getting Off the Couch and Getting Motivated

1. **This is Not Your Final Destination!** How did I get here? I know you probably asked yourself a million times. Understand that life is a journey in which we must go through at some point in time. We travel through different stages but we don't stay there! This is *NOT* your final destination! Anything that is deemed final is pertaining to something coming to an end or something that has already ended. There is life beyond your situation. This place is *NOT* your destiny. It's just the stage you must conquer to get to your God ordained destiny. Remember, scripture says, "All things work together for good to them that love God ..." If it's not good yet, **it's not the end.**
2. **Understand Your Feelings!** How do you feel right now? Honestly. Something brought you to the couch and something even greater (self sabotaging thoughts) kept you there. Let me help you understand one thing about your feelings; you are not alone. I too, was once stuck on the couch, swallowed up and comforted. Well now your wondering how I dealt with it (LOL) right? I had to first acknowledge my feelings because if I didn't, I wouldn't be able to deal with them. I then had to realize I had a choice to make. A choice to respond differently. **So, I ask the question; how are you going to choose to respond differently when things come your way?**
3. **Don't Do Yourself A Disservice!** By sitting or lying down on that couch, you are causing more harm to yourself and your situation then you think. You are providing inadequate, insufficient, and limited service to yourself. You haven't moved and your couch begins to swallow you up. It begins to nurture and comfort those negative feelings. Please, do me a favor and **write down the pros and cons of being on the couch!** What are the pros? _____ There are none; only cons!
4. **Can You See It?** Yes, you never thought you would be here. You never thought you would be stuck on this couch not doing anything. I bet you had your whole life planned out and if not all of it, some parts of your life were. So, let's close our eyes and think for a moment. Let's envision where we want to be in life right now. What do you see? If you don't see anything yet, take a few more moments. Wait...there it is...Great isn't it! It's amazing! **Now write it all down!** I want you to know, now that you can see it; you have to work for it and most definitely pray for it! *Living Life Off the Couch...I Can SEE IT!* Can you?
5. **Create The Vision!** Now that you have envisioned your future and where you want to be in life right now, you have to Create the Vision; the Reality! It's starts with visualization or mental imagery. You see something so vividly as if you already have it. For myself, I created a vision board that I keep downstairs across from my couch. That vision board has places I want to travel, degrees I once wanted, a home and other things as well. By seeing that everyday, it gave me the confidence and motivation I needed to get these things done. I now have my own home and a master's degree all within a year of each other. I'm not saying this to brag but to encourage you to do the same. Get creative in your visuals. You have to see it even when know one else does! **Visualize it Literally! What you imagine, you create!**

6. **Clean Up!** *Literally! I mean it; Clean Up!* And if it's not the couch, clean up whatever area that became your place of comfort. That place where you became stuck. That place where you began to let go and give up. Today will be the last day you keep that place warm. Clean it to the point where you know longer feel comfortable to be there or to even sit down. (I'm serious) Today, is the day; the last day to be comfortable with where you are! Today you're taking in a new comfort. The *comfort of being uncomfortable!* (Oh Yes!) The comfort of the unknown. The comfort of not trusting self and relying on God, because where we are weak, He is strong! **WELCOME!**
7. **To Do List!** A to do list aids in helping your visions come to past. It aids in your mental imagery. It helps you not forget what you wanted to do and reinforces your commitment to that vision. If your not committed, it won't get done. Also, a to do list is another form of motivation. As you begin to cross things off your list, you'll gain confidence in your reassurance that your vision can actually come to past! That place of comfort will no longer be a factor! **What's the first thing on your to do list? Keep the list short and simple. What's important for the day? Write it down and get to work!**
8. **Accountability!** To be accountable means one is required to explain actions or decisions to someone. When you do that, you have what some like to call an accountability partner. Who are you accountable to when it comes to your life? Who are you accountable to when it comes to your future? When it comes to making your visions a reality? Use them! Check in with them! Be available to them! Know their name, number, email, address and social media names? **If you don't have one, find one! Start looking!**
9. **Speak Life!** What you speak, you become! What you meditate on, determines your path! Affirming anything is to confirm or ratify a thing; to assert positively. God gave man domain over the earth so what we speak shall be. Every morning; every time you have self-doubt; every time you need a reminder, affirm scripture, affirm your future! **Write down 10 affirmations/scriptures that you commit to saying every morning before you start your day!**
10. **Get Up and Get Moving!** These words are telling you to do something. In order to transition from where you are to where you know you should be or where you would like to be, you have to physically get up off the couch. In order to grow, you must first go! There is life beyond your current situation. Walk away and conquer the world; conquer your life. I promise you that what's in front of you is so much Greater and so much Better than what your leaving behind! **GET UP!**

So are you ready to get off the couch and get motivated?!

Here is what you should do next in order to increase your chances of being successful of getting off the couch, staying off and getting motivated...

1. **Schedule a complimentary one-on-one session with me.** In this session, we will go over what's getting in your way of getting you off the couch (your trial/tribulation) and implement a plan of action that will help you transition from where you are to where you want to be. You can do this right on the website; www.ChrisheenaLynne.com
2. **Email/Text me.** Not quite sure what step to take next or still a little hesitant. Send me an email or text message at Admin@ChrisheenaLynne.com or (484) 483-3237 and someone from my team will be happy to guide you through your decision on what to do next.
3. **Vision Party.** Maybe it's other people in your same position that you know of; we can have a party! We can have a Vision Party where the whole group comes together encouraging one another and lifting one another up! Again, you can email and or call to set the party up at Admin@ChrisheenaLynne.com or (484) 483-3237.

We have different private coaching programs for those who are serious about not only getting off the couch but also going through life transitions and coming out on top to accomplish all the visions/goals they have set for their lives.

Please reach out to the team for we would love to be your accountability partner and coach you through the process from where you are to where you want to be.

I SEE YOU,

Coach Chrisheena Lynne