

**THE BACKWARDS
WAY TO
MOVE FORWARD
TODAY**



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Hello and welcome!

I am so glad that you found this guide. It has taken me nearly 20 years of searching to put into words what you will find on the next few pages.

This expedition has changed my life and the lives of my clients in ways I never anticipated. I no longer need to constantly push my way through the overwhelm of procrastination, resistance, and anxiety. I am no longer worried about whether I will do what I need to do to make progress toward my goals.

Several years ago, I was lucky enough to stumble upon a different way of consistently moving life forward – and it's not the way we've been taught. Fortunately, this is far simpler.

Frankly, I didn't know this kind of relief was possible. This understanding isn't a cure for all of life's ups and downs, but it definitely makes the ride more enjoyable.

It is my greatest wish that others have the same opportunity to move through resistance – and life - with far greater ease.

With that in mind, I'd like to ask you for a favor.

If you get something useful from this guide, I'd ask that you take a minute to pass it on to someone else that would appreciate this alternative way of navigating life.

The more people we can reach together, the more relief and freedom we can spread throughout the world.

If you have any questions or comments, please don't hesitate to reach out. I've included the best ways to connect with me below.

Enjoy and Be Well,
Julie

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There are so many ways we can feel stuck in life. Whether you are trying to get to bed on time or trying to start your work ahead of deadlines, or wish to kick a habit of too much food, TV, games, etc. or are just really interested in a change but can't get started – this guide is for you.

After years of chasing self-help strategies, practices, and techniques that were only helpful when I could get myself to do them, I finally resigned myself to the fact that for me to consistently move life forward, I would have to push my way through a ton of resistance – be it procrastination, self-sabotage, anxiety, etc. – for the rest of my life.

Then in my 30's, I happened upon a different understanding of how life

works that blew the doors wide open on what was possible, not only for me and my life – but for my clients as well – regardless of their brain chemistry, age, race, diagnoses, gender, life circumstance, etc.

The same can be true for you.

Since then, I've worked with hundreds of people who have seen a different way of consistently moving life forward – without having to fight themselves the whole time. This new way of navigating through change and shifting habits doesn't take nearly as much time, energy, or struggle.

It also doesn't take more discipline, willpower, motivation, focus, or accountability. Nearly everyone I work with assumes that, with more of these qualities, they would be able to

keep things moving. I promise you this isn't the answer. You already have more than enough of what you need to move forward, regardless of how long or deeply ingrained your habit is.

As I mentioned, this understanding isn't a cure for everything you are dealing with – we are humans and we will continue to have ups and downs. However, it does dramatically impact how effectively we deal with those ups and downs.

What I have outlined below runs counter to how we've traditionally been taught to create change, shift habits, and move life forward. I encourage you to stay open to seeing something new rather than trying to fit this into what you already know.

If something doesn't resonate? Let it go. Listen with an open mind and you will get exactly what you need.

Let's get started.



Stop Trying to Get Unstuck

Has your car or truck ever gotten stuck in the mud? If so, then you know that the more you spin your tires the more stuck you get. The more times we hit the accelerator, the deeper and deeper the ruts become. Ironically, the more you try to get traction – the more buried you get.

Similarly, when we feel stuck in a habit of procrastination, self-sabotage, anxiety, etc. we have a tendency of trying hard to get out of it.

We've been taught to push through resistance by thinking about it harder.

This is akin to spinning your tires in the mud – digging yourself deeper and deeper into a rut.

It can look very compelling that if you figure out why you are stuck, you will

shift yourself into action. This isn't true.

The result of this mental pursuit is that you spend a staggering amount of time and energy coming up with one or one hundred reasons why you can't get yourself to move forward.

Alternatively, you might judge, condemn, berate, and even scold yourself or better yet - negotiate, barter, bribe, justify, reframe and/or rationalize – as a way of shifting your behavior.

All of these conditioned thought patterns fall under the same category: thinking hard as a way to move forward.

And the result? You stay right where you are: stuck and unable to consistently move forward. Getting

deeper and deeper in the mud.

Trying to get unstuck by thinking hard is a surefire way of giving yourself more to think about. The more you have to think about, the busier your mind is. A busy mind can't give you clarity on how to move forward.

We've been taught that if we find the 'right' thoughts, we will generate the 'right' behaviors.

The logic doesn't hold up.

It isn't possible to find clarity by adding more thinking.

So what can you do instead?



Let Your Mind Settle

If you've ever walked into a lake or ocean, you've seen that the sand beneath you gets stirred up. The water also gets cloudy and it's hard to see through it.

If you wanted the sand to settle down so that you could see through the water more clearly - the last thing you would do is to walk through the water again.

You intuitively know that the sand will naturally settle down when you let it be. You don't have to do anything to the sand other than leave it alone for it to settle.

The same applies to your thinking.

Thinking more as a way to gain clarity, peace of mind, or an answer to how to move forward is like walking through

the sand in water over and over again and expecting it to settle down.

It just doesn't work that way.

However, when you step back from your thinking and give the issue less attention and meaning - stop trying to change it - your mind will automatically begin to settle.

The coolest part? As your mind settles down, you drop back into your natural state. You instantly become more present and open to something different - outside of your habitual thinking - occurring to you.

From this deeper place - beyond all the busy thinking and overwhelming feelings - you have a new direction to look toward.



Look for the obvious

When we step back from our thinking, we drop into the present moment – without trying to be present. We arrive there. In this instant, we have far more possibilities for what to do next than our limited thinking could ever generate.

Something shows up in this space. Something obvious. What occurs to us might not look like anything special. It might not be the big answer you've been seeking (or at least it might not look like it immediately).

What does show up will be the obvious thing to do. It might be to go for a walk, take a nap, call a friend, do nothing, start the report, eat a snack, find your homework, clean up your room, etc. It could be anything.

You'll know it's coming from that deeper place because it won't generate the feeling of 'You should do that.'

It will just be what you do.

Consider the fact that this is how you've already been moving life forward – the vast majority of the time. It doesn't look like 'a strategy' because it isn't.

It's just you doing life.

It is so normal that you don't even notice it. What you do notice is the busy and loud chattering in your mind – that constantly tells you what to do.

This is what we generally give a lot of attention to because it sounds like your loud chatter knows what's best for you.

Nevertheless, there is something far deeper and more useful that you can listen to beyond the anxiety in your mind; something that you've been listening to your whole life:

Wisdom. Common sense. Insightful knowing. Intuition. The obvious.

Whatever you wish to call it. There is a deeper place that we are all connected to – that knows so much more than our limited thinking could ever dream up.

When you step back from your thinking into this place, you have so many more possibilities for how to move forward.

In this place, you are open to hearing something new and far less committed to what you think you already know.



How This Works in Real Life

A client recently summed this up nicely:

“I just did my taxes the other day without it being a big deal. It is so weird how this works. I am not doing anything new. I just notice when I get caught up in my thinking. Something wakes me up. And then, I back off. I had a thought about doing my taxes a couple of weeks ago but it didn't feel like it was the right time to start. It didn't occur to me that I was procrastinating. I didn't beat myself up for not starting then. The taxes got done the other day because it was just time to do them. It was obvious. There just wasn't a lot of thinking about it at all.”

Let's break down a few helpful distinctions within this comment.

Waking up is built into the system

You don't have to run the process of 'waking up'. Just like you don't have to beat your own heart or remind yourself to blink. It is built into how things work.

At some point, you will realize that you are caught up in thought. Feelings of stress, anxiety, overwhelm, forcing/pushing life are common indicators of being caught up in thought.

However, what is wonderful is that, the moment you realize you are caught up in thought – is the moment you are automatically back in the present moment. Here there are exponentially more possibilities available to you for how to move forward.

You are not as stuck as you think you are

Take a bird's eye view of your life. Start to notice all the areas where you aren't stuck. See where you aren't procrastinating or feeling anxious. See how you naturally – without a lot of thought – move life forward.

This organic and obvious way of navigating life is what you've always been doing. It's just been invisible. As you start to see this more clearly, it becomes far easier to leverage.

Over time, it starts to make less sense to try and think your way out of where you are stuck. Stepping back into the flow of your experience is far more useful.

Forward progress is the natural flow of life

Growth is our default nature. Consider trees, flowers, animals, or babies.

It is built-in to our nature to get nutrients and food, to reach for the sun or learn how to communicate. For animals and humans, there is an instinct that knows to learn how to walk and talk.

It isn't necessary to think your way into growth. There is an innate part of you that is designed to move in the direction that best serves you. The only thing that can ever happen is that we innocently think our way out of this flow.

It can be easy to forget that you already know the way forward – if you listen to your deeper selves – moment to moment.

What you need in order to move forward is already in you. This capacity can never leave you. Knowing how to naturally flow through life is our innate nature.

Do You Want to Know Your Flow?

I've created a quiz to help you distinguish even further this natural way of moving life forward vs. the way we have been taught to push and force and fight. [Click here](#) to access this quick quiz and discover where you fall on the flow quadrant.



Moving Forward

Thank you for taking the time to read this guide. If you would like to explore how this understanding can work in your own life – please check out the following resources:

1. Join the Insightful Action Facebook Community

I created a Facebook group for people to share their questions and comments and to see how others are integrating this understanding into their own lives.

[Click here to join.](#)

You can also subscribe to my [YouTube channel](#) and [my blog](#) – both of which I use to answer a lot of questions about how to continue to leverage this understanding.

2. Coach with Me

If you are interested in private or group coaching, I encourage you to reach out to me directly.

I work with people aged 13 and above. Generally, sessions are held via Zoom or in-person if you are local to the Washington, DC area. I am also available to travel or host one or two-day intensive sessions for those that want to jumpstart or deepen their understanding.

Set up a call via this [scheduling link](#) or send me an email directly at Julie@profound-impact.com

3. Additional Resources

Here are some additional resources for those that want to dive deeper into this understanding:

[Little Book of Big Change](#) - Dr. Amy Johnson

[Instant Motivation](#) - Chantel Burns

[Relationship Handbook](#) - Dr. George Pransky

[Enlightened Gardener](#) - Sydney Banks

[Inside Out Revolution](#) - Michael Neill

[Coming Home](#) - Dr. Dicken Bettinger and Natasha Swerdloff

[3PCG.org](#) - Tons of free webinars and podcasts

[ThreePrinciplesParadigm.com](#)

About Julie Gray

Julie Lisabeth Gray, PCOC, PCC works with students and professionals to transform procrastination and anxiety into a deeper level of insightful action and well-being.

Since founding Profound Impact in 2007, Julie has guided people around the world on how to move beyond resistance and create change naturally – regardless of brain chemistry, age, race, diagnoses, gender, life circumstances, etc.



This unconventional understanding doesn't require more willpower and discipline - only a willingness to use your own innate system for resiliency and effectiveness.

A popular blogger, speaker, and author of the digital guides True For You Time Management Workbook and The Backwards Way to Move Forward Today, Julie is also the co-creator of the 21 Day Time Makeover with SELF Magazine and was a featured productivity expert in The Washington Post's Time Hacks section.

Julie has appeared on numerous podcasts and blogs and presented at many regional and national conferences. [Click here](#) for more details on having Julie present to your group or appear on your podcast.

Credentials



Julie received her coach certification from the Institute of Applied Coaching where she is currently a coach trainer in Body-Based Coaching and Holistic Time Coaching.

She received her Professional Certified Coach designation from the International Coach Federation and holds a BBA in Management Sciences with a minor in Psychology from St. Bonaventure University in New York.

Julie continues her professional development through somatic, ADHD, and principles-based coach training.