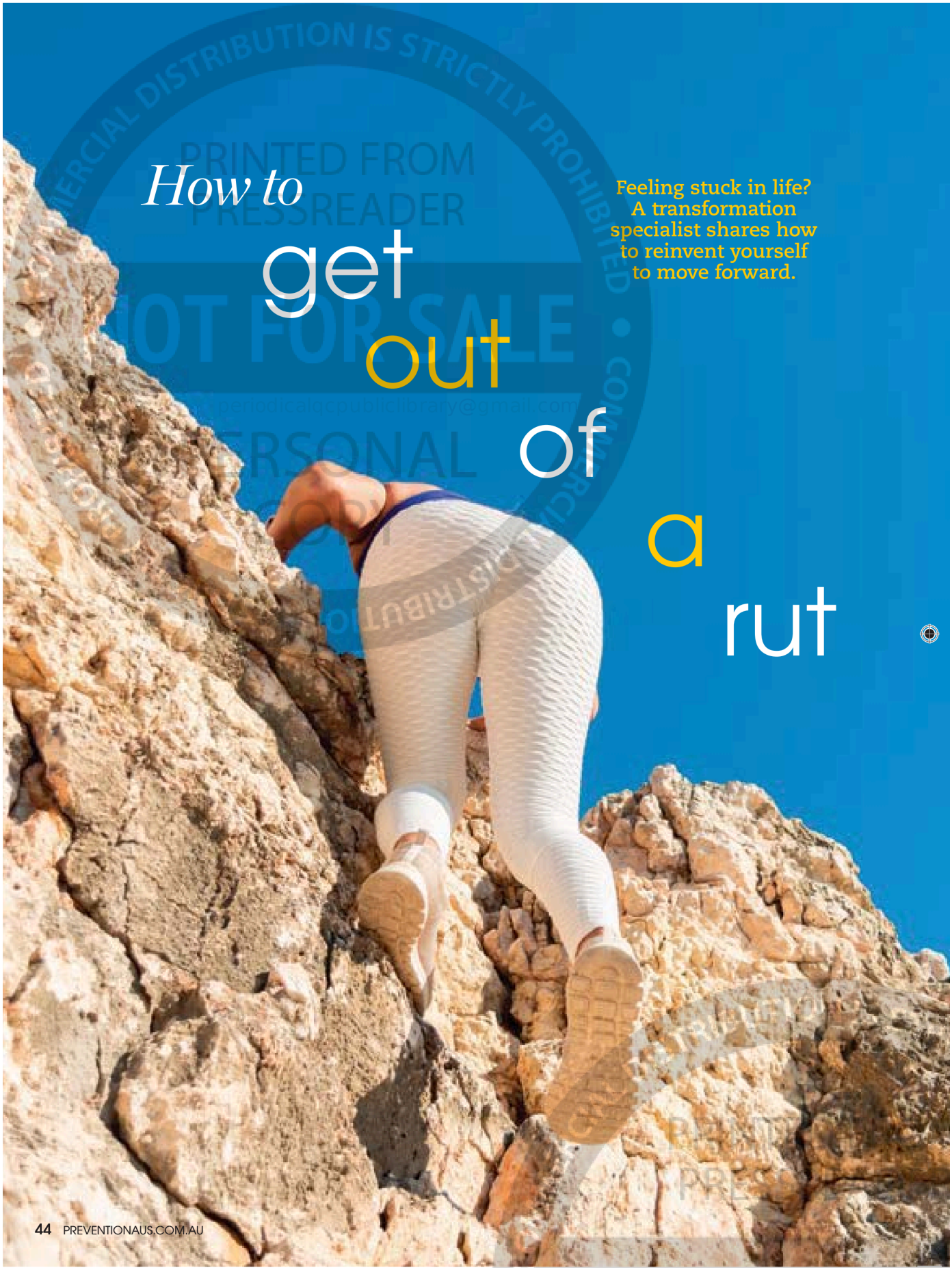
- Motivation



How to get out of a rut

Feeling stuck in life? A transformation specialist shares how to reinvent yourself to move forward.

COMMERCIAL DISTRIBUTION IS STRICTLY PROHIBITED
PRINTED FROM PRESSREADER
NOT FOR SALE
PERSONAL COPY

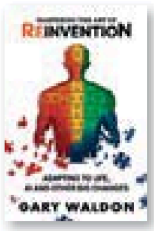
At least once in our lives everyone will undoubtedly feel stuck. For me, as an author, I experience writer's block, which can lead me to choose to reroll our toilet paper rather than face the harsh reality that I don't know what to write next.

The feeling of being stuck happens when we find ourselves in situations where we can't see a clear path forward. This feeling quickly grows if we think we have no control over the next steps, leaving us helpless to influence the outcome. This indecisiveness then morphs into a debilitating condition I call 'stuckitis'. Early symptoms of stuckitis include avoidance and procrastination but it can escalate into real health issues such as anxiety, stress and depression.

Stuckitis is rarely caused by our everyday decisions such as choosing what's for dinner or what to watch on TV, but rather those choices where the consequences of getting it wrong could be huge. These life-changing decisions could include deciding which career opportunities we should chase, whether we should stay in the wrong relationship, or anything that means we'll need to reinvent ourselves.

Often our fear of making the wrong call means we end up not making any decision at all. People can end up stuck all their lives, scared of screwing up and ultimately failing. However, when we face failure, we often learn we're stronger than we originally thought, helping us find a way forward by learning what works for us and, equally importantly, what doesn't.

This is where the *art* of reinvention is critical. Finding the way forward means it needs to fit our own uniqueness and not just be an exact copy of what worked for others.



Gary Waldon is the author of *Mastering the Art of Reinvention* (Do Good Sh*t Publishing, $32.95). Find out more at garywaldon.com

Want to break free from a stagnant situation? Here are six ways to do it!

1 Accept that things have changed

The first step forward is accepting the need to change, as this is not something that just happens. Think about a relationship break-up: we don't usually go from being deliriously happy and in love to "it's over" in one night, unless something huge has happened. Often, we'll try to avoid our reality, then try to negotiate out of having to change, then we'll feel anger and sadness around the loss of identity and who we thought we were.

2 Do a reality check

When change knocks, the world we knew and the habits we relied on may not still be relevant. To ensure we get through our tough times as we adapt, we should take stock and do a reality check of who we are, where we want to be and what things are in our control, thereby avoiding wasting energy on the things we can't influence.

3 Empower yourself

If we don't enable ourselves to get through whatever is impacting us right now, we end up leaving our lives to fate. Avoidance may lead us to buy a lottery ticket, grab a pizza and stay stuck in our current lives waiting for our numbers to come up. A more productive use of our energy and brilliance is to identify what we're passionate about and then start figuring out how to get there.

4 Take action

Dreams and fairy tales are great: they provide relief from the real world. However, our thoughts and actions are often the only things within our control, so taking a planned and determined approach is critical to keep us moving forward and staying motivated to overcome the inevitable obstacles that'll come our way.

5 Try, then try again!

Okay, tough love time. We're likely to fail along the way and end up somewhere different from where we thought we would be. Just like an infant learning to walk, we're on a journey of reinvention, trying new things and learning from our past mistakes. Toddlers fall down, take stock, maybe even cry, and then get back up and try again. Be the grown-up version of this!

6 Enjoy the journey

Savour all the little steps along the way, not just the destination. The only reality we have is the right here and now. Staying present helps us appreciate what we have and drives us forward rather than reliving our past, which we can't change. Also, don't forget that there are great people to help guide us, whether we realise it or not. Staying social, instead of hiding away, helps us keep our growth mindset focused ahead rather than continually grieving the loss of the past.

So, next time you're feeling stuck in life, take control and start reinventing yourself. Choosing to stay stuck and avoiding those inevitable life changes is certainly an option available to you, but you will quickly start to feel outdated and stale. Once you have felt sorry for yourself long enough, pull up your big-person pants and step confidently with purpose into your unknown future. You've got this! P

PHOTOGRAPHY: ISTOCK

COMMERCIAL DISTRIBUTION IS STRICTLY PROHIBITED • PRINTED FROM PRESSREADER • FOR PERSONAL USE ONLY • NO COPY OR DISTRIBUTION