

What's Your Mindset Newsletter

from **Helena Radeson - Your Partner to GET YOU WHERE YOU WANT!**

FEELING STUCK?



What the... – I'm going nowhere!!!

Or: How changing your perspective on being stuck can be a game changer

Did it ever happen to you that in the middle of something that was so important when you started it, all of a sudden you felt totally stuck, not knowing why you decided to go a certain direction anymore? Oblivious of what the next step is, or even why there would be a next step? Like, what's the point of this at all?

When you set out to achieve that dream, to reach that goal, to get where you want to, your conviction is real and it's in everything you do, you love the process and you live and breathe the direction you're going. You're dedicated and convinced. You're all in.

“When you set out to achieve that dream, to reach that goal, to get where you want to, your conviction is real and it's in everything you do...”

And then, somewhere along the way you hit a wall. Your motivation fades, you can't really remember what it is that was so important anymore, you don't feel it in your bones and your brain seems foggy and confused... You start questioning what you're doing and where you're going and your pace slows down heavily, sometimes it just stops completely. The doubt is real, and additionally, you start feeling bad because you're not moving forward anymore at all, you're not doing anything, not getting anything done, so what's the use? Is this all a huge waste of time?

“And then, somewhere along the way you hit a wall.”

Excuse me for pin-pointing this lousy, unpleasant phase, it really is no feel-gooder and my instinct has really rather always been to hide or run away from it, pretend like it wasn't there. Yet, here I am, bringing it up rather centrally.

So why do I insist on bringing it up?

First, because experience has showed me, over and over again, that the 'being stuck' phase always appears. Always.

And secondly, listening to all the therapists and psychologists and helpers who keep saying you can't run from your problems, your traumas, your feelings, best way is to look at them closely, embrace them, let them in.

The two put together make me think that maybe I'm looking at it the wrong way. If I quit being stuck in my perspective that being stuck is a bad sign, what do I see then? What if I could put

the lousy, procrastinating, no-motivation phase in a new light?

“If I quit being stuck in my perspective that being stuck is a bad sign, what do I see then?”

What if being stuck is part of the process?

What if it's one of the steps needed to move forward?

What if being stuck is a deal breaker to get where I want to go?

“What if being stuck is a deal breaker to get where I want to go?”

If I choose to use that perspective it's easy to see that:

If 'being stuck' is just a step in the process, it means I'm actually closer to where I want to go than I was before I was stuck.

If 'being stuck' is just a temporary step, then it's ok that I feel like a loser right now, it will pass and lead to something else.

If all this is true, then being stuck and standing still allows me time to pause, which if I think about it is probably exactly what I need: a chance to relax and recuperate from the high pace I've had in the time that I've been super motivated and thrown myself into reaching that goal of mine.

If all this is true, then being stuck is the perfect opportunity to reflect, evaluate and maybe rearrange my roadmap forward based on what I've learnt so far.

*“If 'being stuck' is just a step in the process, it means I'm actually closer
to where I want to go than I was before I was stuck.”*

What would happen to you if you applied this perspective?

What would happen if you stopped trying to block and disregard from the feeling of being stuck, if you didn't let it rationalise you giving up on your goal?

What would happen if you just accept 'being stuck' as a temporary, important step in your process of getting where you want to go?

“What would happen to you if you applied this perspective?”

I encourage you to take this thought with you and look at your world with this new perspective. It can be the difference to you getting where you set out to go. If you recognise the feeling within one or more individuals in your team, nip it in it's bud.

And the next time you feel that lousy unpleasant feeling of being stuck or if you see it around you, consider this new perspective. See what it can do for you and those around you. It's a game changer.

And hey, I'm here, reach out, comment, let's talk about what support could look like for you.

HELENA RADESON

PERFORMANCE COACH & CHANGE CONSULTANT

+41 79 284 25 31 | hallo@helenaradeson.com | www.helenaradeson.com

