

Unstuck

I meet with many professionals who find themselves stuck about how and when to proceed with their next endeavor.

How do high achieving people become stuck?

- Analysis paralysis
- What they did really well is no longer needed or valued
- Too many options
- Predicting that more success brings more problems.
- Believing that they were imposters all along and if they step outside their current endeavor they will be exposed
- Holding themselves back when they are about to experience greater success.

If you find yourself stuck, how do you regain traction?

You've heard the standard advice about implementing change:

1. Ready - find your target (Your goals)
2. Aim - (Plan action steps)
3. Fire (Take action)

Sounds logical, right?

Except following that advice can kill your traction.

Here's why.

I like to target shoot and it has taught me a lot about efficiently implementing change. Several friends introduced me to this hobby. We would get together after work on Friday evenings to target shoot. It was a really great stress reliever, much better for me than happy hour at the local saloon.

I noticed something interesting about hitting my target.

When I aimed too long, I became less accurate. Waiting too long to squeeze the trigger caused me to flinch, throwing off my aim.

I was much better off squeezing the trigger sooner and adjusting my aim for the next shot. If I shot low and to the left, I simply aimed a little higher and to the right. This improved my accuracy a great deal.

Do you see where I am going with this?

Spending too long aiming at your goal causes you to delay taking action steps. The action steps you finally take can move you further from your goals.

For this reason I ask my clients to improve their accuracy with this approach:

1) Ready

2) Fire

3) Aim

Once you find yourself ready to implement change, find your target and start taking action steps toward your goal. Each step will inform the direction of the next step. This brings you closer to your new endeavor.

We unnecessarily worry if our first step is off target.

Don't worry, our off target steps guides our next steps. This generates traction.

When we start new endeavors we "Don't know what we don't know."

We spend a lot of time planning unnecessary steps, simply because we are not aware of the steps we really do need to take to move closer to our new endeavor.

Only experience can tell us this.

It seems less scary for us to plan rather than take action. We easily fall victim to "analysis paralysis". We spend a lot of time admiring a problem and not implementing the change necessary to move forward

.The longer we delay action steps, the longer it takes to gain direction and traction that moves us closer to our new endeavor.

To get up to speed efficiently in our new endeavors, it is important for us to take action steps quickly. Try this approach and see if it helps you get unstuck.

Want to learn more about getting "unstuck".

Contact me at 614.314.7690