

HOW TO MOVE ON WHEN THINGS DON'T WORK OUT

Whether its a work project, job loss, or entrepreneurial venture what do you do when things stop working?...you've reached a stand-still. These steps will help you get out of a rut and start your creative juices reworking.

1) MINDFUL PAUSE. You need to get some perspective and actually step out of yourself. Close your eyes and take a few deep breaths. Then breathe normally. Follow your breath in through your nose or mouth...pay attention to any sensations in your body and mentally say calming words to yourself (i.e. "I am becoming calmer"; "I am becoming more relaxed"). This allows you to step out of you, and this simple pause allows you to re-engage with a fresh start. As a matter of fact, if at any time you feel "stuck" or over-stressed, just mentally say to yourself, "**pause and re-set**".

2) SLOW-DOWN. This quick moment allows you to get out of you and mentally 'slow-down'. When you're panicked, you can't think anew - you're stuck.

3) ANALYZE WHAT WORKED - WHAT DIDN'T. But write it down (in a journal or file on your pc or mac). This down flow allows you to gain insights and move-on.

4) NOTHING IS WASTED ALL ACTIVITY IS A LEARNING EXPERIENCE.

5) START A NEW PLAN: GOALS STATEMENT.

One way to get your life moving: draw up a set of long term and short term goals. (You may have already done this but life is a moving target and this is a good time to re-adjust and start again).

6) QUICK AND DIRTY GOALS STATEMENT. This is not a project to keep you writing all day and all night. If you make this too involved you'll only get depressed. To make this work, get it done quick. Within a 10 minute period write down as many long term goals as you can, that you've always wanted to do. For this to work, it doesn't matter if these goals make sense or not; just write - no deep thinking allowed. When 10 minutes is up, go back and review, and eliminate those that don't make sense at all. Now do the same for goals that you want to achieve in 3 years and 6 months. Now pick your top 3 long term goals, goals for 3 years and goals for 6 months - 9 goals.

7) ACTIONS TO TAKE. Jot down small activities that would help you get closer to each goal. (For example, if you wanted to climb a mountain, the first actionable step might start with simple research.)

8) BUILT-IN ACCOMPLISHMENTS. You've now built confidence building small steps to help you get started again.

9) NOW MOVE ON - Woody Allen famously said that "80% of success in life is just showing up". Success comes out of persistence. When stuck, remember to breath - slow down - start again.

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