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How How To Get Out of a Rut: 5 Powerful Strategies For Getting Unstuck to Get Out of a Rut:

5 Powerful Strategies For How To Get Out of a Rut: 5 Powerful Strategies For Getting Unstuck  
Getting Unstuck

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How To Get Out of a Rut: 5 Powerful Strategies For Getting Unstuck

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## Dedication

To all those individuals who found themselves in a deep, dark hole and found a way to dig themselves out, stand tall again, and achieve the dream. I honor you.

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## **Preface**

We've all been there, haven't we? How To Get Out of a Rut: 5 Powerful Strategies For Getting Unstuck That deep, dark place that, at the time, we thought we'd never emerge. Ruts, as they've come to be known, come in many different forms. But, the underlying principles are the same. Ruts are basically born out of procrastination, routine, low energy, and narrow thinking.

The good news is that each of us comes with our very own shovel. We can use that shovel to dig ourselves out of the hole or we can use it in a counter-productive way and dig the hole even deeper. We always have that choice. We can sit down in that hole and feel sorry for ourselves or we can

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get to work knowing that being in the hole is only temporary.

It's my hope that the strategies I've presented in this book will shake you out of that rut and, even more importantly, shake you to your core. In the end, it's our consistent habits and mindset that will make us or break us. I'm pretty sure you've picked this book up because you had enough and are ready to take action to get out of that rut. So, let's start *How To Get Out of a Rut: 5 Powerful Strategies For Getting Unstuck* digging.

## Chapter 1

### **The Principles of Motion Strategy: It's Simple Physics**

Inspiration and motivation are those wondrous things that strike without warning. In these states, we feel empowered and completely equipped to put our creativity and magnificent talents to work in a powerful fashion. Yet, for many of us, we find ourselves "waiting" for one of these mysterious states to strike and give us the energy to make a move and complete what absolutely and positively needs to be done.

Up against an externally imposed deadline or one that we've created for ourselves, we often find ourselves wishing or hoping for inspiration and/or motivation to strike. We wait, and then we wait some more until finally *How To Get Out of a Rut: 5 Powerful Strategies For Getting Unstuck* we realize that motivation and/or inspiration will not be visiting us today. Often, we feel let down when they fail to appear and rescue us from the rut in which we find ourselves.

Understand that most likely the search and rescue party will not arrive to bail you out today. You have to dig yourself out of this hole all by yourself. The good news is that the hole is not as deep and/or as thick as *How To Get Out of a Rut: 5 Powerful Strategies For Getting Unstuck* you think. The shovel is right there. All you have to do *How To Get Out of a Rut: 5 Powerful Strategies For Getting Unstuck* is pick *How To Get Out of a Rut: 5 Powerful Strategies For Getting Unstuck* it up, think strategically, and put a little muscle into it.

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One of the biggest mistakes that we make as creative, productive human beings is to “wait” for motivation or inspiration to strike before we actually take action towards those goals we’ve set for ourselves. This rarely happens and results in lost opportunity. Think about the lost opportunities during those times and what it really cost you in terms of living the life you’ve always wanted.

We often conveniently overlook the time we wasted “waiting” for the magic to happen when, in reality, if we had just taken one mindful step forward, the magic would take care of itself. Meanwhile we lost the opportunity of that time we wasted, namely moving forward and/or completing that project we so desperately needed to complete.

## **How To Get Out Of A Rut 5 Powerful Strategies For Getting Unstuck**

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