

NEWSLETTER

YOUR LIFE - SET FREE



Need a breakthrough? Try this first step on the journey to your success!

When you find yourself up against a brick wall on your journey to achieving your hopes and dreams, you feel frustrated. If you have tried to move forward without much success, then you begin to feel discouraged. Along the way, we could probably add angry, fearful, and really, really frustrated! So now what? How can you get past this sticking point and back on track?

The first step is to get very clear about exactly where you are and what is happening right now. You have goals, dreams, objectives – you know where you want to go. But if you are not clear about exactly where you are currently, then it will be impossible to identify the most effective action to take to move you forward.

It is like using a GPS (Global Positioning System) to identify the steps you need to take to get back on track. You have to know both your ending and beginning points for it to work. However, when you have run into that sticking point enough times, the power of your emotions – the frustration and the fear – clouds your judgment.

In recent advances in brain research, they have shown that when you are stressed, frustrated, and fearful, the brain diverts the messages traveling to the problem-solving part of the brain (higher functioning) to the fight-or-flight part of the brain (lower functioning). You literally cannot think straight! So clarity goes right out the window.

You can use a variety of methods to reduce your frustration and subsequently improve your brain function to get clear on the existing situation. Some people use exercise to burn off stress and relax. Others use meditation. There are many methods.

It also helps to talk to an independent third-party like a coach or a mentor, someone who can help you cut through the emotional fog and get clear about the specifics of your current situation. Because when you identify the specifics, the actions needed to move you forward become much easier to identify. So if you need a breakthrough, focus first on where you are – in order to identify the best next step. Enjoy!