

10 Warning Signs

THAT YOU'RE STUCK IN A RUT
YOU MAY NEVER GET OUT OF!

1

Your confidence is at an all-time low

Low self-esteem could be a major clue that you're in a rut, especially if you've been suffering one setback after another. Feeling unattractive (as in, the law of attraction isn't working for you) is another clue that your energy has gone from creative to indecisive.

2

Every sentence begins with "I've tried everything and no matter what ..."

When you feel like you've exhausted every possibility under the sun, and nothing is changing, it's common to want to give up. Or you may go the other direction and just get angry at life. Either way, you end up losing YOU.

3

You've lost your spirit

Normally, you're buoyant in life. You bounce back. You overcome! But this time? Something ... *or someone* ... has Shattered. Your. Soul.

4

Your clarity and direction are twisted and tortured

You feel distracted and confused about what you want and where you're going. You feel like you're wearing sunglasses that are blacked out, or perhaps you have two very strong, very distinct directions and you can't seem to make either one work.

5

Any kind of change has become impossible to consider

Your lifeless existence taunts you. You imagine yourself out in the world doing something *incredible* – but you just can't manage to put positive daydreams into action.

6

You've become a pessimist

You used to be an optimist, but you find yourself biting and snarling at others. Your "can't do" attitude is making *even you* crazy. When did you become so negative?

7

You know you could be doing better

It isn't a matter of comparing yourself to others. You've been successful in your own right! But this time ... this time, you just *know* you could be doing better (but can't put your finger on what's wrong).

8

It's become all about the money

This one shows up in too many ways to count, but the result is nothing short of immense pain rooted in a lack of gratitude for your own value and blessings. Immobilizing thoughts freeze you into thinking that fulfillment is a complete mystery. You think money is the salve that will solve your problems.

9

It's one struggle after another

There's a lack of movement, and you're problems are all knotted up. The simplest things become complicated. You seem to be "the only one" who is struggling, while everyone around you is doing well.

10

You over-function

Your Inner Over Achiever kicks in and you're putting in way more effort than ever before. You're trying too hard to make something happen, and feeling angry and frustrated.

8 Simple Steps To Get UNstuck

1

Find The Positive

If you can find just one positive thing about your situation, you can find five. And if you can find five, you can find ten. Keep going ... and before you ever get to 20, you'll have a new perspective!

3

Use Punctuation to Your Advantage!

Try ending your sentences in exclamation points, whether you're thinking to yourself or speaking outloud. It's an instant attitude-changer, and will help you gain a new perspective.

2

Find Something To Believe In

A lot of people focus on their negative or limiting beliefs. But you have positive beliefs, too! Write down 10 positive answers to this question, "What do I believe in?" Let those become your new mantra.

4

Create a Choice-Point

You have a choice to be *extraordinary!* At any point, you can ask yourself "What would an extraordinary person do?" By taking on a new viewpoint, you just might find a way out of stuckness.

5

Dissolve the Anger

What's the quickest way to leak your power? It's through anger, the most destructive of all negative emotions. Never leak your power! (Go back to **1**)

7

Use Your Imagination

Your only limitation lies in the negative use of your imagination. Make a list of 20 things you want ... *really want* ... and let your imagination run wild! Do this every day, with a brand new list.

6

Realize That You Already Know

You already know *exactly* what to do you're just terrified to act on it. Chances are, you want to respect and honor your values. So you already know what to do. *You already know.*

8

You May Not Be Stuck At All

You may simply be going through a necessary step in your evolution, so you may not be stuck at all! You may just not be clear on what phase of a transformation you're in. Are you just getting started? Are you building momentum? Or maybe you're looking for what comes *next*?

Find out more at
<http://GetPastGoPronto.com>

