How to get out of rut in 3 simple steps

Everybody goes through a period of time when they feel that their creative juices have exhausted, that their abilities to think beyond the ordinary has been captured by tiny green aliens, and that their desire to succeed has been lost to the daily life chores. But, there’s good news, it can all be reversed!

Using the below listed three steps, you can not only get out of any rut that life designs for you, you can also find in new passions in your life to make life worthwhile and worth living.

1. Get out of the rut mentality

An important step to take in order to get out of rut (physically) is to get out of rut (mentally). Most people stay in rut, and regardless of the tons and tons of efforts they put in to get out of it, they never get out of it, simply because they don’t pay enough attention to change their mentality, their attitude towards their life, and simply plan ahead in life.

Whenever you feel you are stuck in a rut, stop doing whatever you are doing, and finish up all your work, and then go to a quiet place, sit back, relax and ponder on life experience, but not as ‘you’ but as one of your role models. When you do this, you re-analyze your life experiences, and smother the negative thoughts and ideas that you have in association with them.

1. Take up challenges

This is one part of the whole process where you challenge yourself to get out of your comfort zone. Try taking up challenges once in a while, and see to it that they are delivered. You can challenge yourself at anything, for instance, you can challenge and see if you can do the work that you are doing in 80% less the time that you spend it doing on normal basis.

You can challenge yourself at doing anything, but the key point here is to push yourself out of your comfort zone, and get those dormant neural connections kicking!

1. Envision

Now that you have got off the rut mentality, and taken up enough actions to get yourself going, it is important that you plan ahead in future to get where you want to go. See, the above two steps provides you mobility, but it’s important that you envision the place where you want to end up.

After you have completed the above two steps successfully, you can then begin with the third steps.

Sit back, relax, and think about the person you want to be in the next 24 hours, 7 days, 52 weeks, etc. Try to add as many details to the thoughts as you can, and make those things look real. The point behind this exercise is to mark a milestone in mind to the kind of goal that you are after.

After you do this, you mind is more focused and motivated to succeed than ever after.