

Title:

5 Fun & Easy Ways To Get Out Of The Rut

Word Count:

1423

Summary:

I don't know about you, but sometimes I feel less than great. Low, grouchy, fed-up, and bored

But what happens when you get a whole string of those off-days, maybe lasting weeks, months or

Keywords:

coach, coaching, fed-up, bored, stuck, rut, confidence, career, relationship, motivation, demotivated

Article Body:

I don't know about you, but sometimes I feel less than great. Low, grouchy, fed-up, and bored

But what happens when you get a whole string of those off-days, maybe lasting weeks, months or

Here are five fun and easy ways you can use right now to climb, or better yet, leap, out of the

1. Do Something Differently

Life tends to run smoothly when we establish systems and routines for things, but the problem

Start with making one or two simple changes to your day - be it at breakfast time, your radio

Doing something differently or changing parts of your routine, instantly takes you out of the

2. Use your Intuition

Your intuition is a powerful ally, and we all have it even though you might not recognize it.

1.a. The act or faculty of knowing or sensing without the use of rational processes; immediate

1.b. Knowledge gained by the use of this faculty; a perceptive insight.

2. A sense of something not evident or deducible; an impression.

One of the best friends you'll ever have in life is your intuition, and tuning in to it and le

- Practice maintaining an open-minded, playful, experimental, non-judgmental attitude. This is

- Practice making wild guesses in your everyday life. Guess what a salesperson's name is, what

- Try a few simple observation exercises in your daily life. Whether you're in a restaurant, o

3. Nourishment

Imagine you're walking home from the supermarket with a couple of bags of groceries, but those

Nourishment is about plugging those holes in your life and making sure you have things that ke

It doesn't have to be the big things in life that nourish you and it's often the simplest litt

The fact is that you're important enough to spend time taking care of yourself and it doesn't

4. Perfect Day

Here's something to play with ~ your Perfect Day. This idea came to me a few years ago when a
I went through each part of the day telling her what I was doing, who I was with, where we were
So what's your Perfect Day? Don't think too much about it and don't worry about it sounding silly

5. Get Some Fun, Fulfilment and Freedom

The Three F's ~ Fun, Fulfilment, and Freedom - encompass a lot of what people are looking for

Fun, n. - A source of enjoyment or pleasure; playful activity.

Ful-fil'ment, n. - To bring into actuality; to complete; a feeling of satisfaction at having a

Free-dom, n. - The capacity to exercise choice, free will; frankness or boldness; the absence

Read those again. Those things are huge, deep, and broad, and are a lot simpler than we make them

Where are you in relation to each of the Three F's? How much of each do you have right now? How

By themselves each of the Three F's are a powerful thing, and can really help to move you forward

Rut? What rut?"

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>