



Questions To Ask If You Get Stuck or Unmotivated

Everyone gets stuck or unmotivated in business at some point. When you find yourself unable to make progress, visit these questions to help you figure out the root of the speedbump.

01. Does this task or project need to be broken down?

Sometimes your steps might be so broad that your brain can't take action and freezes or gets overwhelmed. Break it down into single action steps.

02. Are you adding needless extra steps that slow you down?

Sometimes, you may be adding more steps to your process than are necessary. Are there things you could simply remove?

03. Are you trying to do it someone else's way?

Check to see if the routine or process that you are attempting to use to complete the project works for how you process information or work efficiently.

04. Are you doing it for the wrong reasons?

Ask yourself why you started this task or project. Is it a high return on your effort? Are you doing it for someone else? Do you feel resentment or frustration for taking it on? How do you pivot now?

05. Do you lack the knowledge to keep going?

Do you need to take a class, learn more, or hand this off to someone who can reduce the need to learn it?

06. Do you have decision fatigue?

Are you at a place where you just can't make one more decision? Then take a break and come back once you are refreshed.