

Knotty moments are inevitable in a squiggly career, but they don't have to mean that progress stalls or you get stuck. Knowing how to respond to the knots helps you to be more resilient and stay in control of your development during moments of difficulty.

Some common career obstacles

- ☞ a boss who feels like a blocker
- ☞ a company where you can't progress
- ☞ money getting in the way of you making a move
- ☞ personal constraints affecting your progression.

Coach yourself questions

Which common career obstacles feel most familiar right now?



What has helped you overcome similar obstacles in the past?



Who has experienced a similar challenge that you could learn from?



Ideas for action



1. Move past pessimism

Move from the personal "This is all my fault"

- ☞ by getting perspective and asking for someone else's reflections on the situation

Move from the pervasive "Nothing is working"

- ☞ by asking yourself 'What 3 things are going well for me at the moment?'

Move from the permanent "I'm stuck with this"

- ☞ by doing mental time travel and asking yourself 'How have I overcome similar situations in the past?'

2. Find another way

Acknowledge the obstacle and explore another way to approach it. Ask yourself:

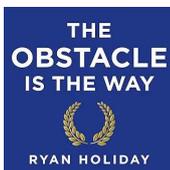
- ☞ Who else could help me?
- ☞ What could get me a bit closer to what I want?
- ☞ Where could I go to gain more insight or influence over what I'm trying to do?

3. Regain control and energy

Finding ways to stay motivated through knotty moments helps create more career opportunity.

- ☞ Take a 1 day holiday and do something for you
- ☞ Talk to a supportive person who will listen and give you space to share
- ☞ Finish your day by asking yourself: 'What was good about today?'

Recommended resources



The Obstacle Is the Way: The Ancient Art of Turning Adversity to Advantage
by Ryan Holiday



Life's an obstacle course — here's how to navigate it
Ted talk by community builder Maryam Banikarim



Helen and Sarah share more practical ideas to get unstuck on #300 of Squiggly Careers.