

The Real Reason People Get Stuck

(And It's Not What You Think)

Most people think they get stuck because of circumstances.

Lack of opportunity.

Bad timing.

The wrong environment.

But that is not usually what stops them.

If you want to understand why people actually get stuck, look at what happens before they ever take a real shot.

In this episode of *The Enduring Mindset Podcast*, I break down a message most people missed growing up, but are living out right now.

The Problem Does Not Look Like Failure

Most people are not failing.

They are drifting.

They are:

Busy but not intentional

Comfortable but not growing

Moving, but not going anywhere

You do not lose your life all at once.

You give it up a little at a time.

The Real Threat Is Not Obvious

In *The NeverEnding Story*, the world is consumed by something called The Nothing.

Not an enemy.

Not an attack.

Emptiness.

That is what it looks like in real life too.

It is not chaos that takes people out.

It is the slow loss of meaning, standards, and belief.

Most People Stop Themselves

There is a scene with the Sphinx at the Southern Oracle.

It does not fight you.

It sees you.

And if you doubt yourself, you do not make it through.

That is how it works in real life.

Most people do not get rejected.

They hesitate.

They second-guess.

They decide they are not ready.

They eliminate themselves before the world ever gets a chance to.

There Is a Name for That

In special operations selection, they call it self-selecting.

It means you quit before you are forced to.

You decide you are not the one.

You never even test the standard.

That is happening everywhere.

In careers.

In relationships.

In leadership.

People stop themselves before anything external does.

The Truth Most People Avoid

You have probably heard this before:

No one is coming to save you.

That is true.

But the other side matters just as much.

No one is going to stop you either.

The path is open more often than people want to admit.

What gets in the way is internal.

Doubt.

Hesitation.

Second-guessing.

Drift Is How It Ends

People do not fall apart overnight.

They drift.

It looks like putting things off.

Avoiding hard conversations.

Lowering standards just enough to stay comfortable

You are not failing.

You are just not moving.

And that is how years disappear.

What Actually Moves You Forward

In the story, help shows up when Atreyu is still moving.

Not after he quits.

That is how it works in real life too.

Clarity shows up when you act

Opportunities show up when you move

Not when you sit back and wait to feel ready.

Final Thought

The danger is not that someone takes your life from you.

It is that you slowly give it away.


So take a look at your own life.

Where are you drifting?

Where are you self-selecting?

Where are you holding back when the path is actually open?

If you are still here, you still have time to change it.

 Listen to the full episode:

<https://open.spotify.com/show/7fQ5oHIOZe94Jcjj6ytL2h?si=0c4c82fc29c6465f>

If you are a veteran or leader trying to find your next move, I share conversations and insights like this every week through *The Enduring Mindset Podcast*.

Related Episodes:

- *You Don't Have to Do This Alone*
- *Stop Waiting for Permission to Become Who You Already Are*
- *You Can Have It All, Just Not All at Once*