

Two Things You Need to Know

Curated by Simon De Los Rios

WHO IS THIS FOR

This practice is for anyone who feels stuck and cannot quite explain why.

PAIN

Spinning in place, either without a destination or without a next step, and mistaking one for the other.

SOLVES

Helps you see which of the two you are actually missing, direction or the next step, so you know exactly where to start.

TOPIC

CAREER TRANSITION

BURNOUT & OVERWHELM

LIFE & MEANING

READ TIME
2 minutes

TIME REQUIRED
15 min

WHAT YOU NEED
notebook, pen

BEFORE YOU START

My invitation, take some time for yourself. Put your phone somewhere else and avoid distractions. Put on music you like and if you feel like it, brew yourself a nice cup of coffee or a tea. And lastly, but most importantly, try to have fun... this must be an activity to be enjoyed.

Step 1: Understand the two things

In life, especially when you feel stuck, there are only two things you need to have clear: where you are going, and what the next right step is. A lot of people are missing one of the two, and that is usually why they feel stuck.

– If I am honest, which of these two feels foggier to me right now?

Step 2: Check your direction

Try to describe where you are going in one or two sentences.

– Do I know where I am going? Can I describe it in one or two sentences?

Step 3: Check your next step

Set the destination aside and look only at tomorrow.

– Do I know what the very next thing I need to do is? Just one thing, not a list.

Step 4: Start where the gap is

Whichever one came up empty is where you start, not the one that already feels solid.

– If the answer to either was no, what is the smallest way I could make it a yes this week?

Example. Someone knows they want to move into consulting but spends months overthinking their website, pricing, and brand name instead of having five conversations with potential clients. They have the destination. They are missing the next step. Someone else is networking constantly, taking courses, updating their LinkedIn every week, but has no idea what role, industry, or life they are actually building toward. They have activity. They are missing direction.

BEFORE YOU CLOSE THIS

You do not need both figured out today. You need to know which one to work on first.

CONTINUE WITH

UFS, once you know your direction, this practice helps you map exactly what stands between you and it.

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Source: Joel Burgess