PRACTICE

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, especially if you are busy (applying, studying, planning) and still cannot say what it is leading to.

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 missing, direction or the next step, so you know exactly where to start.

TOPIC

CAREER TRANSITION | BURNOUT & OVERWHELM | LIFE & MEANING

READ TIME	TIME REQUIRED	WHAT YOU NEED
2 minutes	15 min	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

In the first box on the card below Step 3, write where you are going in one or two sentences. If you cannot, write "I don't know, and to find out I would need to..." and finish the sentence.

– *What part of this sentence am I least sure about?*

Step 3: Check your next step

Set the destination aside and look only at tomorrow. In the second box, write the very next thing you need to do, one thing and not a list, with the day you will do it. If you do not know, use the same "I don't know, and to find out I would need to..."

WHERE I AM GOING	THE VERY NEXT STEP, AND THE DAY

WHICH ONE IS EMPTY? CIRCLE ONE ◯ DIRECTION ◯ NEXT STEP ◯ BOTH

– *What is the smallest version of that step I could finish in 15 minutes?*

Step 4: Start where the gap is

Whichever box came up empty is where you start, not the one that already feels solid. If both are empty, start with direction and write three possible destinations.

– *For the empty box, what is the smallest way I could fill it this week?*

BEFORE YOU CLOSE THIS

Write your sentence and your next step on one card, and put it where you will see it tomorrow.

CONTINUE WITH

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

Curated by: Simon De Los Rios
Source: Joel Burgess