

Self-Help Tools: Two Things You Need to Know

Curated by Simon De Los Rios

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In life, and especially when you feel stuck, there are only two things you need to have clear:

- Where you are going
- What the next right step is

Most people are missing one of the two. That is usually the reason they feel stuck.

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.

Ask yourself:

- Do I know where I am going? Can I describe it in one or two sentences?
- Do I know what the very next thing I need to do is? Just one thing, not a list.
- If the answer to either is no, that is where to start.

www.simondelosrios.com