

What to Do When You Feel Like You Hit a Plateau

It's normal to hit a plateau. A good thing really. It means you've arrived at the end of your current level.

It's a signal that it's now time to get to the next level.

But how?

And you might be thinking why should you get to the next level?

It can feel like the desire isn't there nor the belief you can do it. And it can also feel like you don't care about the whole thing anymore.

Now part of this can be because you were working too much and if that's the case, take a vacation. Take a week off. Don't think about working. Just relax. Do some things you really wanted to and come back to it.

If you still don't feel amped up about your goal once you're back, you probably hit a plateau.

But if you still feel have some amped up feelings, you're probably still on that level and just needed a break. You still have a ways to go but you will eventually reach a plateau.

But let's assume you have reached it.

Well let's examine what happened when you first started.

Before, in the very beginning, you were amped up, you set a goal, you took action, had a lot of setbacks along the way, but you powered through them and now you've pretty much achieved your goal. You may not be exactly there but you're pretty much there.

Now you're doing the same things over and over again so it's SO easy to feel like you're bored and uninspired.

First off, take a look back at all you've accomplished so far. It's quite a lot. Pat yourself on the back. Acknowledge your success. It's easy to miss that.

That alone will help you feel better about your situation.

Then realize you need a new challenge, something WORTHY of you taking action toward.

You need that challenge to grow. If you're not growing, you're dying. Let that realization kick you in the butt.

If you're just sitting there, doing the same thing over and over, you become like stagnant water, a breeding ground for disease.

It's sort of like when you stop pedaling on a bicycle. It's easy to fall down. And if you're just peddling around with no aim, it's like exercising on a bicycle machine. You're not going anywhere.

When you have somewhere to go, somewhere worthy, you get amped up and pedal with purpose toward it.

That's what we need to get to the next level.

The thing is, when you've hit a plateau, it's probably because the goal has fulfilled our INDIVIDUAL needs/wants.

In other words, we were able to satisfy our own personal desires so it's so easy to feel like there's no NEED to step up our game.

But when you take into account other people, how setting a new goal can help them, that's when you get that eye of the tiger back.

It's sort of like the person who's selling life insurance.

He sells enough to satisfy his own personal income desires but he feels like he hit a plateau. He doesn't want to sell anymore. He's reached his highest level.

But when he meditates on the fact that there are a TON of people out there who don't have life insurance and how that can negatively affect the people they care about, that will motivate him to step up his game.

When you set a higher goal and link it to something greater than yourself, that's where you'll find the energy to get back in the game once again.

Think of all the people you can help, how you as an individual will grow in your pursuit of the next level, how you as an individual can help inspire others to new growth by your example.

This is the big breakthrough.

This is what's going to take you to the next level.

It's the difference between good and great.

The difference between average and awesome.

You'll find the more you push, the more you grow, the better life gets.

Think about it.

What kind of person do you have to be to meet these new challenges?

A pretty disciplined person right? Somebody who can get things done. Somebody who can think creatively. Somebody who's always learning. Somebody who's tenacious. Someone who's action oriented.

All great qualities that can make life a heck of a lot better for you.

So in order for you to get to the next level, you need CLARITY as to what you want to do.

You had that clarity before when you first started and that amped you up but now you don't have it anymore.

Clarity gives you great focus and allows you to harness your energies.

So get clear as to what your new challenge will be.

Don't be afraid to UP it.

You want something that will make you go - WOW, THAT WOULD BE AWESOME IF IT HAPPENED!

When you set a higher goal, it FORCES you to learn more in order to grow.

Part of the reason why we fear to get to the next level is we don't know what it is nor how we can get there.

But think about it.

You didn't know how to get to where you were today in the beginning.

But you did.

You already cut your teeth so you have that great experience.

Let that past experience give you confidence to move forward.

Read some inspiring stories of people who have done great things. Let their expansive thinking expand your mind as well.

Once you have that clarity as to what you want to do, here's a great exercise you can do to really amp you up.

Write down why you want to break through this plateau.

And also write down all the reasons why you don't want to break through this plateau (yes you have some reasons why that need to be flushed out).

When you do this, you're going to realize all the reasons why you don't want to break through the plateau were all the SAME reasons why you didn't want to go through with achieving your INITIAL goal.

But you already did. You're already here.

Those excuses carry no more weight anymore.

They're flimsy excuses you've already proven wrong. Excuses like - it's too much work, it's too hard, it will take too much time, I don't know how to do it.

Feel that FREEDOM that comes from realizing all those excuses are paper thin.

Let that realization set you free.

To further amp you up, come up with 100 reasons why you want to break through this plateau and not only that, 100 ways on how to, even if you don't know the specifics of how to put those into play.

When you have that clarity, that desire, and the possibilities on how to do that in front of you, it's easy to climb to the next level and start your journey on that higher level.

Yes, those 100 ways on how to do it may not work directly, some will, some won't, but when put into action, will lead you to other plans that will work.

That's how it worked when you first started out.

Think about it.

Would you still feel stuck if you were 100% clear as to what you wanted, had massive reasons as to why you wanted it, and had 100 initial ways to get the ball rolling?

No way.

Now one of the fastest ways to get the ball rolling is to re-examine everything you do and see how you can improve each aspect of it, in essence, to win in the margins.

By this time, you have a system set up to achieve your goals, and you're putting it into action so dissect every single aspect of it and see how you can boost each part because when you add it all up, it's easy to get a big boost across the board.

This is one of my favorite things to do because it's something you can do NOW.

After you do this, find out what you have to learn next.

It's usually something you're avoiding. Tackle it. Little by little. It'll actually turn out to be pretty fun.

One person I knew HATED taxes and avoided it at all costs. He just paid what he owed. But now that he learned all about it, how to calculate it, the deductions and credits available to him, etc., it's pretty fun for him. It's become a game to see how he can pay as little taxes as he legally can and as a result of learning all about taxes, he's kept better records, spends his money in certain ways to get deductions and credits, helps his friends understand it so they in turn help him, and in the process has saved so much money that he invests to get even more money.

Talking to other people who are pursuing big goals is a great way to get the ball rolling too. Let them know of your new goal. Talk about it. It'll give you more stimulants for ideas that can work for you.

You'll know when you're on the right track if you get that eye of the tiger back.

You're excited. There's a pep to your step. A gleam in your eyes.

You're back on the right path.