



ART OF COACHING PODCAST™ EPISODE 353:
WHAT TO DO IF YOU FEEL LIKE YOU'RE STAGNATING

Do you tend to be hard on yourself, set high expectations, or overthink things? Where does this show up most in your life? Identify an area of languish that, if resolved, would improve multiple aspects of your life.

Create a “minimum viable day.” List 2-3 small actions that, even on your toughest days, would still allow you to make progress. What simple steps can you take to keep moving forward?

How can you “make friends with your monster” and channel anxiety or negativity into action? Where do you need to accept that “perfect is the enemy of good” and focus on small wins to keep moving forward?



Imagine the worst-case scenario in your professional or personal life. What steps would you take to survive and recover? How can you prepare now to build resilience?

List 2-3 activities that help recharge your batteries. These could be as simple as spending time in nature, enjoying a hobby, or engaging in what some might label “time wasters.” How can these moments of space enhance your perspective?

Create your “I got this done” list to track your accomplishments to give yourself the credit you deserve? How will you organize this list? What abbreviations or shorthand can you use to track your biggest projects?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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