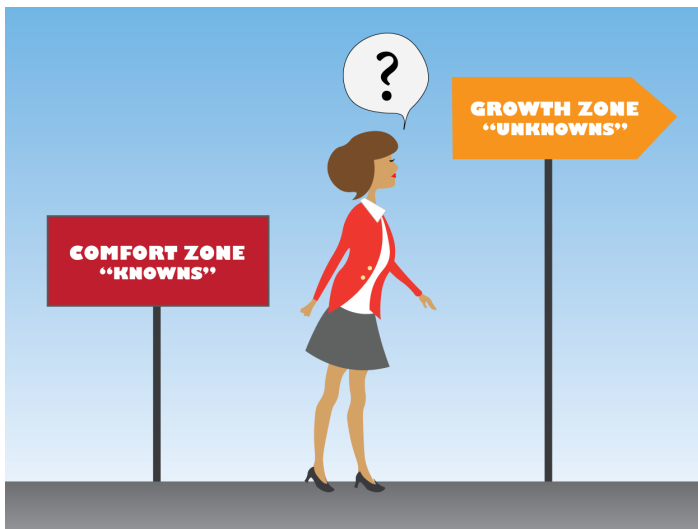




Get Out of Your Own Way

November 2022



**Are YOU holding yourself back?
Are YOU getting in your own way or don't
know how to get out of your own way?**

Here are *three* ways you may get in your own way:

1. You are being impacted by a blind spot
2. You are in need of a different perspective
3. You are a victim of your "stress drivers"

And, these three beg three questions:

What can you do about a blind spot you cannot see? A blind spot by definition is something about ourselves that others may or may not see, but that we definitely don't see. They hinder us from solving problems, from moving forward, from overcoming obstacles, from having stronger relationships, from growing both personally and professionally and the list goes on.

Help your team with
Kacik Consulting's
webinar *or* in-person
workshop:

**STRESS is an
INSIDE JOB!**

Identify *your* stress drivers and *how* to manage them. Explore the many ways our own thinking contributes to our stress - irrational beliefs, distorted thinking, role myths, self-talk and more.

Book Your
Workshop!

***It's OK to look at
the past, as long
as you don't stare.***
-Benjamin Dover

How can you change your perspective when you are stuck? Einstein defined insanity as doing the same thing over and over again and expecting to get different results. Of course it's ridiculous to do that, but we all do it and we don't realize we're doing it.

What is a stress driver and how do I avoid being a victim? Mr. Taibi Kahler identified Five Stress Drivers in a scholarly article. I was introduced to them through a former employer and it has been part of a stress program I have delivered to hundred with significant results for folks. These drivers are at the root of many of our behaviors, often without our being aware. The five drivers are: [Try Harder, Please Others, Be Perfect, Hurry Up and Be Strong.](#)

Answers and solutions for the above questions:

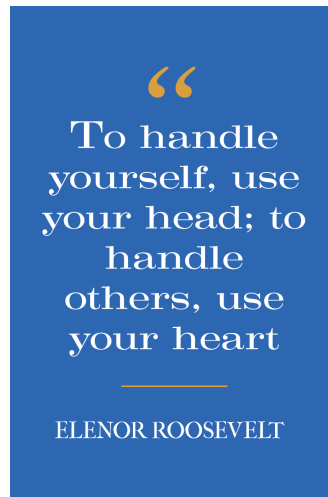
Step 1: Recognize that something isn't working for you the way you've envisioned or the situation is creating struggle or stress.

Before you respond with what another person is doing to create your stress, I must remind you that you cannot change other people. You can, however change yourself, which can result in changes in the way others react to you. It probably sounds obvious to stop and recognize that something isn't working, (well duh!), but often the reason we continue to struggle is because we simply don't step back long enough to acknowledge we're struggling and consciously decide to address it. Instead, we just keep driving forward.

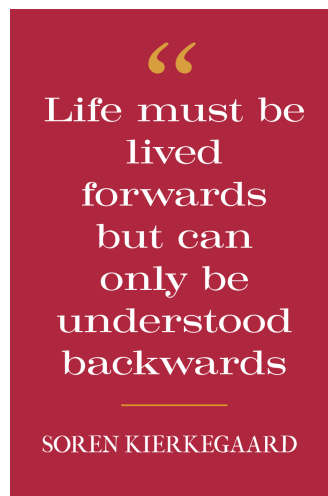
Step 2: Investigate and Analyze

What exactly isn't working? What is the current situation? What are you doing or not doing that is different from others, or from other times when it was working? A clue here is that you have to actually ask other people what they are doing that's different from you to learn the real answer. We make a lot of assumptions that prove not to be the truth and often just get us into more difficulty.

So talk to folks and ask for their thoughts and feedback. Of course, be prudent in who you discuss your concerns and situations with. Some questions can be asked without putting yourself out there, but in other situations, you need to know you can trust the person if you are sharing personal information. Part of the characteristics of the barriers I listed above are that we usually cannot see them ourselves, but



Two things you are in total control over are your attitude & your effort.
-Billy Cox



You can be HAPPY without expecting others to agree with you.
-Author unknown

many times, others can. Who do you trust? Who will listen caringly and give wise and thoughtful feedback or advice?

Step 3: What do you need to STOP, START or CONTINUE doing?

What do you need to change that requires getting out of your comfort zones and patterns? We're all a little insane if we accept Einstein's definition (above in red). Why do we expect different results?

We expect different results because of our own self talk. We tell ourselves that if we just try it one more time or work a little harder or tweak it just a little it will all be different this time. And then it's not.

We have tunnel vision and our focus is fixed on a specific path. We want it that way. How many of you kill yourselves trying to create the perfect holiday because that's what we experienced that we want to recreate, or to create what we never experienced and make it happen the way we envision it should be?

WE GET STUCK!

Step 4: Go in search of a different perspective!

It takes a new perspective to change our focus. Often, it's hard for us to individually find that new perspective and we need help from friends, family or colleagues and sometimes we reject asking for help because it feels like failure if we can't figure it out for ourselves. So we keep doing the same thing and expecting to get different results. That also happens because our brain likes patterns and we tend to keep doing the same thing because our brain is geared in alignment with a pattern we **believe** will make things better.

Step 5: Learn what your primary stress driver(s) are and a few tips that can help you with each one.

Click [here](#) and email the words stress drivers and I'll send you a packet.

Remember not to throw the baby out with the bath water. Sometimes the way you do something differently from others is your superpower and what makes you successful, but there may also be a price you are paying for doing it that way. Don't stop doing that which makes you great, but

If you worry,
will it change
the future?

AUTHOR UNKNOWN

“

Plans are
useless, but
planning is
invaluable

PETER DRUCKER

Practice makes
permanent
performance
possible

AUTHOR UNKNOWN

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AND SHARE!**

Since 2016, Joy has been publishing monthly articles to address everyday challenges in the workplace

consider if there are ways you can do something differently and still allow it to be your superpower.

Could you use someone to help you think through these steps without judgment and with confidentiality? I'm here to help you. Feel free to contact me for a complimentary call. One of my superpowers is helping clients uncover strengths they don't know they have and putting those to use finding new options and directions.

Click [here](#) to schedule a complimentary call with Joy

I wish you the very best in taking the time to step back and take a fresh look at how you can shift to get out of your own way and move forward in much more positive and effective ways that reduce your stress!



Joy Conley Kacik

Joy is a conference speaker, team and leadership development consultant, customized trainer and facilitator and a Certified Professional Coach with expertise in personal career coaching, job offer and salary negotiations and executive coaching.

As an Insights Discovery® licensed practitioner, Joy provides clients the added value of the Discovery® Portfolio of tools when working with individuals, teams, leaders and organizations to create inspiring visions for collaborative, cohesive teams to produce superior results.

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