

How to Get Moving Again When You Feel Stuck



Do you ever feel stuck in your blogging or your business? You might feel stuck and unable to move forward because:

You're a perfectionist

You always feel you need to know or have something more

You keep looking at the different options, but you can't pick one and move forward.

You compare yourself with other people.

You don't have a clear idea of where you're going.

You feel overwhelmed by all the advice out there, and don't know what to do first.



Why You Should Take Imperfect Action

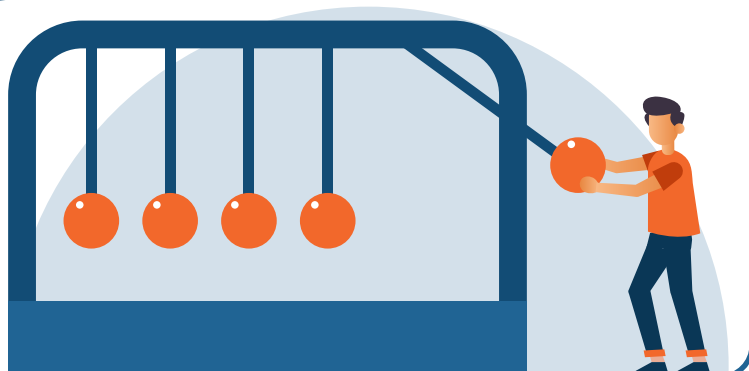
'Imperfect action' is always better than 'perfect inaction'. Imperfect action gets things done. It's what separates the dreamers from those who accomplish great things.

Here are some of the key benefits:

1.

Imperfect Action Creates Momentum

When you take one small, imperfect action, the next steps often reveal themselves. Some people don't take action because they can't see the big picture. But you may never see that big picture until you start taking steps forward.



2.

Imperfect Action Builds Confidence and Courage

Taking one small action can help give you the confidence to take the next, slightly bigger action. Keep moving a little bit further outside your comfort zone, and your comfort zone will expand.



3.

Imperfect Action Teaches You to Learn by Doing

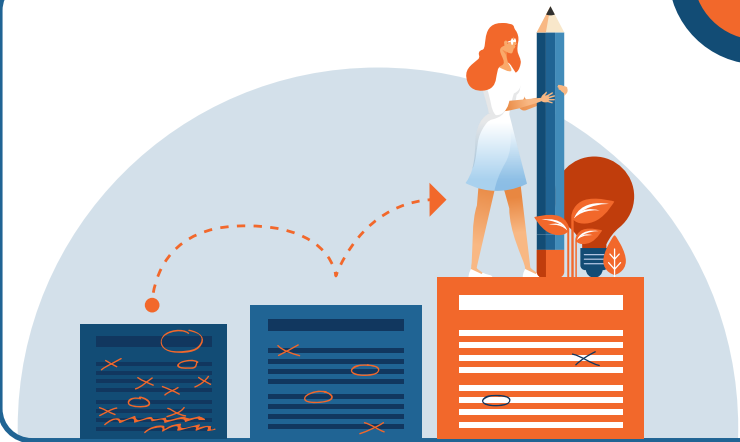
Do you feel you don't have the skills to tackle what lies ahead? Take imperfect action, and you'll learn a lot – fast.



4.

Imperfect Action Leads to Self-Discovery and Self-Improvement

Stepping out of your comfort zone will help you think about who you are and how you react in these situations.



5.

Imperfect Action is Relatable

If we make things too perfect they're not as relatable because they've lost some of their 'humanness'. Humanness, vulnerability and imperfection help others relate to us and feel a connection.



What if You're Really Stuck?



To get moving again, I set aside an entire week to get things done. I came up with a list of ten things I needed to do – things I'd been avoiding – that I could achieve in a week. Each one took half a day or less. I stopped consuming for a week, and started creating instead.