

THREE WAYS TO CREATE A BREAKTHROUGH



SEEK OUT A MENTOR OR COACH

There may be a few exceptional people in your life who will tell you the unvarnished truth, but they are extremely rare. To have a breakthrough, you need that truth. You need someone who can help you look at your situation from an outside perspective and discover avenues you simply can't see with your own frame of reference.



READ

Go research the problem. Find out who has broken through this particular wall before and how they did it. Their situation might not be exactly like yours, but you may still pick up some new ideas or tactics that you can apply.



STEP BACK

We often get so close to our challenges that we sometimes "can't see the forest for the trees." Take a step back. Leave it alone for a day or two, go immerse yourself in something else, and then come back to the problem. Chances are that when you do, you will be able to take a fresh look at the issue.

