

Master Your Mindset: Get Unstuck and Move Forward with Intention

by Parul Somani

How does my situation make me feel?

Simply thinking about our struggle triggers our stress response and the reactive parts of our brain. Articulating how it makes us feel, however, lights up our pre-frontal cortex and prepares our mind to be proactive. What words best describe your feelings and emotions?

Am I ready to feel better?

It is normal and necessary to grieve an unwanted change. In that emotional rollercoaster, however, comes a decision point when we must choose whether we're ready to take ownership of how we move forward. Have you processed and honored your uncomfortable emotions? Are you ready to make the choice to begin improving your situation?

How can I break free of my mental traps?

The journey of identifying and breaking free of the mental traps that hold us back is an ongoing one. Begin by identifying your traps - perhaps fear, guilt, self-doubt, expectations, or an outdated sense of identity. Explore what you are holding on to, what story you're telling yourself, and what is in your circle of control. From there, determine whether you break free by seizing what you can control, reframing your perspective, or letting go.

What's my Path of Least Regret®?

Even when we feel empowered to take ownership and forge ahead, we don't necessarily know where we want to move forward to or how to get there. Tap into your priorities and values to identify a North Star or desired future. Evaluate the available options for pursuing that aspiration and their relative tradeoffs. Given what you know, even if your desired outcome is not achieved, which path forward will give you the greatest peace of mind?



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