

# The struggle is real



All aboard the ~~Monday, Tuesday, Wednesday, Thursday~~.... Friday Morning Struggle Bus. This past week has been rough for many of us--is it something in the water or is the universe simply conspiring against us?

In this edition, we commiserate together and gather strategies and tips to get it done when you really just want to go full-on introvert and hide out (I feel you!).

🤪 Procrastination much? Never! (said no one ever) [Read this](#) to figure out why we procrastinate and how to stop.

😱 Dreading that big project? Something (someone?) keeping you up at night? Stop the madness and just get to work. [Here's how.](#)

☕ If only I could drum up some motivation...maybe it's waiting for me at Starbucks.... [How to plug in to that ever elusive motivation.](#)

🏆 So many things I want to do with my life...so little time. [You may be missing this key ingredient.](#)

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## Making it happen when you REALLY don't want to

Lately I've been noticing an interesting parallel amongst many of my clients. As grown-ups (quasi?...speaking for myself...) we often find ourselves in situations where we are stuck doing things that we don't want to do. In those moments our brain rails against us:

*I don't want to do this.....I shouldn't have to do this....this is stupid.....this is a waste of my time...*

When our brain goes on this tirade it's incredibly difficult not to jump on this whiny bandwagon, throw our hands in the air, stamp our feet on the ground and throw some middle fingers whatever grown-up obligation affronts us.

**Not only is this resistance an incredible waste of our energy it ignores the essential nature of life.**

All things are yin and yang and there are always going to be things that we simply don't want to do. It is during those moments when we can rise up as fully grown humans and accept that even when there are things we don't want to do, we must simply accept that part of life and proceed anyway.

Whether we have set a lofty goal that requires us to show up, get out of bed early, or do things that we wouldn't otherwise normally do, or when we find ourselves realizing that there are parts of our jobs that we simply detest (hello, fake deadlines, anyone?), they are all experiences confronting us with a very basic fact of life: there are always going to be things, parts of our jobs, people, activities, etc. that we simply don't like or that we simply don't want to do.

*(I, personally, would like to exercise my veto authority over recurring meetings that do not involve a matter of life or death....just me?)*

The more we give attention to our objections, the larger and louder they grow and with that, the tension within us increases and our resistance grows stronger.

All of those components combine to make it more and more difficult to simply follow through and show up for the adult parts of our lives. Never mind the mental and emotional toll this takes on our bodies and spirits.

In those moments I find it helpful to simply acknowledge the resistance and take ownership of the fact that there are things in our lives that we simply don't want to do.

Rather than railing against ourselves and judging ourselves for not wanting to do it or making excuses to avoid doing it, what if we simply owned the fact that we don't want to do it, that we don't like doing it, and that we are struggling to follow through? In conjunction with that exploration what if we could simply ask ourselves to *just do it* despite the fact that we don't *want to*?

In either case we are creating a habit — a habit of making excuses, guiltily ourselves to action, showing up negatively, or giving up entirely OR a habit of following through despite our own resistance.

When we acknowledge that there are things in our lives that we simply don't want to do but that we are willing to do them for reasons that matter to us, it calms the waters of resistance.

When we acknowledge that there are things that we simply don't want to do and that it's okay to not want to do them, we can allow judgment to pass us by and we can stay present with our own reality.

There are always going to be things in our lives that we simply don't want to do but we can make peace by acknowledging why it's important for us to do them anyway and taking stock of our willingness to do things even when we don't want to because it aligns with our higher purpose and intentions.

**There is no need to judge ourselves for experiencing the normal yin and yang of life.**

Rather, we can honor this human experience including all its goods and bads and recognize what we like and what we don't like. In doing so, we can resolve to take ownership of what we are willing to do in furtherance of our larger goals and in alignment with our true intentions even when we don't want to do those things.

That is complete power and ownership over our lives and allows us to slip out of the victim mentality that often comes when we stew in those *I don't want to* lines of thinking.

Set a goal and when it comes down to executing and your brain cries, *I don't want to*....recognize that is not a sign that you need to stop. That is simply your biological discomfort with doing hard things.

**Then, do it anyway because it is in furtherance of who you want to be, accepting that we rarely want to do the hard work. The question is whether you are willing to.**

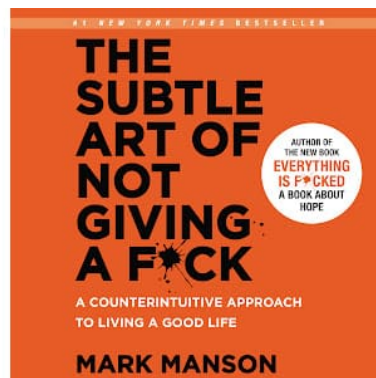
Not wanting to do something is irrelevant, the question is whether you are willing to do what is needed in furtherance of your goals. That is what distinguishes your dreams from your reality.

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## For the love of reading

I know that this month, we're talking motivation and all things "action" BUT sometimes we are busy about *way too many things*.

As Mark Manson puts it in his book, *The Subtle Art of Not Giving a F\*ck*, "If you find yourself consistently giving too many f\*\*\*s about trivial s\*\*\* that bothers you, chances are you don't have much going on in your real life to give a legitimate f\*\*\* about. And that's your real problem." I tend to re-read this book every time I need a reset and a not so subtle wake up call with a side of swears. Enjoy!



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## Featured Tools

Consider these your motivational, overwhelm reset tools. Get perspective on what is important. Get clear about why it's hard to get moving. Download these worksheets and get to work!

- [Priorities](#)
- [Action Problems](#)

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## Monthly Affirmation

*I am not defined my by past; I am driven by my future. I use obstacles to motivate me to learn and grow.*

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### *Have we met?*

Perhaps you've had a consult with me, perhaps we're old friends (you know who you are 🙌). If you haven't explored this coaching thing, schedule a free consult (or a second free consult) and let's talk about what coaching can do to transform your success!

Free coaching consult

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**I want to hear from you! Did you find this newsletter helpful? What topics do you want to hear about? [Let me know!](#)**

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**"If you are not  
uncomfortable, you  
are not dreaming big  
enough."**

– Life



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Noble Ventures, LLC  
d/b/a/ the Lawyer Life Collective  
3713 N 83rd Street  
Omaha, NE 68134  
autumn@theuncomfortabledream.com



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