HOW TO STOP BEING FED UP WITH A PROBLEM – EVEN IF YOU THINK IT WILL NEVER HAPPEN

Step 1: Pitch a Fit

- Get it out, get it all out. Do not skip this step.
- Clearing away your accumulated frustration, random thoughts, failed attempts, unpursued ideas, and general state of being fed up is important.
- Let's go over how.

Step 1a: Identify Your Ideal

- Forget for a moment what it is you're fed up with and why.
- Focus only what you *want* to happen.
- Declare to yourself exactly how you want things to be. Forc efully. In the emotional equivalent of ALL CAPS. Write it down, scream it out. Tell the world what you want.

Step 1b: Check if Your Ideal is Realistic.

- It might not be. That's okay. Identifying an unrealistic ideal is half the battle. You can stop torturing yourself with unrealistic expectations and move forward with getting out of your fed up rut.
- Let's look at how.

Step 1c: Identify What You Don't Like

- The reason you are fed up is because there is something that you don't like. Identify it.
- Not a whole bunch of things. One thing that you really don't like.
- Don't think about whether you can fix it or not. Just focus on what it is that is really bothering you.
- Admit to yourself what it is you don't like about your current situation.
- You have a right to not like things, even if you feel like you shouldn't feel that way.
- So say what you don't like out loud. Say it forcefully. IN ALL CAPS!

Step 2: Now Say Out Loud What You Do Want

- You've already accidentally refined your thoughts by identifying your ideal and what you don't like.
- Now, you're going to identify something that you do want. Not necessarily your ideal if that's not realistic. But something that you *do* want.

Step 2a: Reinforce your desire frequently.

- Put it on a sticky note. Put the sticky note on your desk. Or your mirror.
- Put a bunch of sticky notes all over the place.
- Remind yourself of what you want first thing each morning.
- Tell people what you want.
- Remind yourself of what you want periodically throughout the day.

Step 3: Keep an Eye Out for What You Want and What Will Get You There

- A part of your brain known as the reticular activating system has now been put on alert and you will start to notice things that can help you get what you want. Everywhere.
- Keep a notebook or a journal or an app or a bunch of sticky notes or whatever to jot down things that come to your mind.
- You don't need to have a plan. You can make one if you want, but it will not come to fruition exactly as you imagined.
- Just keep your eyes on the prize. And the prize will start to get nearer.
- Have faith. And when it seems that things have suddenly hit the reverse button, have even more faith.
- The universe – and your brain – work in mysterious ways.
- You may not always get what you need – but if you try sometimes, you just might find, that you'll get what you want!