

IS IT TIME TO ASK FOR HELP?

Thank you for visiting laurelrutledge.com. You may still be deciding if it's time for you to seek some guidance. I completely understand! It's not always easy to invest in yourself. Sometimes, despite knowing better, we sit in discomfort until something pushes us out.

I don't want you sitting in overwhelm for too long because that can become a habit...an uncomfortable "comfort zone."

How do you decide to move forward? Well, you already took the first step! You visited my site and poked around to check me out (I appreciate it!). Here's what you need to do next: **choose YOU!**

At the end of the day, only YOU can decide what you need and when. There are always indicators of a need for change, and they are different from person to person. For me, the signs were culture clash, life balance, and downright mental, physical and emotional fatigue. I'd had great success in a high-level, impactful, decision-making position, and I was thoroughly exhausted. Eventually, I remembered it only takes one person to change a relationship. If I was unhappy with my corporate "relationship," then it was my responsibility to change something. I needed to reshape my perspective, alter my situation, or both.

I chose both, and it has been the best decision I've ever made. I've stepped into my purpose, focusing on what I can do to help others in my finite time in this life. I do work that is exciting, challenging, and makes a difference. Plus, I spend more quality time with friends and family.

As you decide whether the time is right to work with me, here are some questions to consider:

- *Am I excited and fulfilled by what I am doing?*

Steve Jobs said,

"For the past 33 years, I have looked in the mirror every morning and asked myself: 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been 'No' for too many days in a row, I know I need to change something."

We often get caught in the myth of what we *have* to do. Clearly, there will always be a time when we must do our least favorite jobs or activities out of necessity. The focus is not on good or bad choices but on

understanding the impact and consequences of the choices we make. Only then can we make our final choice with eyes wide open.

What choice are you ready to make?

- *Do I already know I need a change, but don't know what to change or what steps to take?*

Sometimes, we know that a change is needed, but the pressure to be the next SVP, CEO, or Chief Bottle Washer is greater than the energy we have to make the change. Fighting the stigma of changing your dream is hard work. But...was it really your dream to begin with? Even if it was, dreams have a way of changing over a lifetime. Jane Porter says: "...the notion that we have to choose a single career path and stick with it from beginning to end is simply a myth."

Are you ready to reevaluate your supposed-to-be's and explore your passion?

- *Am I feeling frozen?*

When was the last time you learned something new? When was the last time you were excited about an upcoming project or opportunity? Are you in an organization that supports and enables your growth? How many times have you looked at your to-do list (or WANT-to-do list) and become so overwhelmed that you just put it aside? All of this is quite normal. It can also be very debilitating to be frozen in "analysis paralysis."

Are you ready to get unstuck?

If you're willing to become truly self-aware without judgment...

If you're ready to own your own stuff and *not* everyone else's...

If you're ready to invest in YOU so that you can determine *why* you want to do *what* you want to do, it's time to take action towards that purpose.

THE TIME IS NOW.

Come back to laurelrutledge.com, schedule an introductory call and let's get started. I got you!

Laurel