

Choose to Chance the Rapids

*Stuck in a job
Difficult boss
Invested in the company
Scared to leave
Frustrated by the bureaucracy
Just doing the job*

In "The River", Garth Brooks sings, "too many times we stand aside and let the waters slip away." When we're caught in a job, feeling stuck, hating to go to work, but afraid to leave, we're letting the waters slip away, letting time go by.

Recapturing the dream may seem too far away, so take small steps into the water. Start by drawing up some lists.

1. Make a list of 10 things or more that you love about your job. If you can't come up with 10 things about your current job, then go a bit further back to when you had energy for your work.
2. List 5 times when you were very proud of your work. Write down the elements of the work, e.g., challenging, great team, easy, recognition.
3. List 3 actions that you would love to take in your job right now. Make a note of the benefit each would bring to you.
4. Make a list of all of the things you would most like to do or try in life.

Find a spot where you can lay these lists out in front of you and let your eyes wander quietly over the pages. As you slowly let your eyes wander over the pages, begin to identify the elements or concepts that seem to be repeating.

Write those down.

Go back over the lists. Do your eyes wander back to a certain phrase or thought? Add it to your new list.

As you think about the lists, do you feel a stronger sense of energy or excitement for any particular concept? Make sure it's on your list and possibly highlighted.

What would it be like if you had more of these items in your life?

Give yourself some time to imagine and feel what that might be like.

What is one step that you could take today that will give you more of something on your list?

Can you put your toe in the water? Can you move toward your dream?

*Too many times we stand aside
And let the waters slip away
'Til what we put off 'til tomorrow
Has now become today
So don't you sit upon the shoreline*

*And say you're satisfied
Choose to chance the rapids
And dare to dance the tide...**

If you would like help to chance the rapids, visit us at [Read Solutions Group](#) to learn more about coaching can help you get unstuck.

*Shaw, Victoria and Garth Brooks, "The River", Gary Morris Music/Major Bob Music Co, Inc, 1991.

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Sherry Read is leading the life she desires in Shanghai. She leads Read Solutions Group, a firm dedicated to helping successful professionals choose to chance the rapids, getting unstuck and moving forward in their careers and lives. If having a coach to assist you in navigating the hurdles of change sounds interesting, you can find out more at [Read Solutions Group](#). See the site for the free download of "Top 10 Tips for a Successful Job Change".