

How to get yourself unstuck

It doesn't matter if you're an artist, an inventor, or a shoe salesman. There are times when you're stuck, unable to move forward with a big project or something on your to-do list.



Here are four ways to get going:

- 1. Just start.** It sounds simple, doesn't it? But you can't get moving until you start to move. It doesn't matter what you do; grab a pen, contribute a thought, start a conversation. The momentum will follow.
- 2. Get in touch.** Sometimes, taking a deep breath and getting in touch with what you're ultimately trying to accomplish can help you identify the one thing that might be getting in your way.
- 3. Ask for help.** Sometimes you need to get out of your own way to see things clearly. Ask the people around you for some advice on what to do first. Allowing yourself to detach from your own thinking and consider someone else's perspective may give you the shift you need.
- 4. Take a walk.** Taking time away can open new ways of thinking. Go for a walk, outside if possible. Notice your surroundings, listen to nature, and recharge your brain.

Sometimes just one of these techniques will do the trick; other times it may take a combination. Whatever helps you get unstuck is fine. The point here is to take one step outside the space called "being stuck" and see what happens.

Ramp up your emotional intelligence

Most employers aren't just looking for technical skills, like the ability to translate foreign languages or fix the photocopy machine.



A CareerBuilder survey found that 71 percent of HR managers place more importance on emotional intelligence—an employee's ability to get along with people in the workplace.

Developing these interpersonal skills will make you a more valuable member of any organization you work for even if you're the best programmer or marketing associate around:

- **Emotional control.** Stress is part of any job. If you can keep your temper and not fall apart when the heat is on, you'll show that managers & co-workers can depend on you in any situation.
- **Empathy.** Don't ignore other people's feelings. Even when you disagree, or when a colleague rubs you the wrong way, do your best to understand other people's perspectives so you can work together constructively.
- **Listening skills.** Keep your ears open and your mouth in check. Listening to other people shows you take them seriously and that you care about their opinions—which will help you earn a reputation for thoughtfulness and professionalism.

A vegetarian diet helps your health (and the environment)

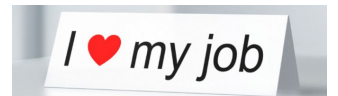


A vegetarian diet can have many health benefits. Scientific studies have linked a meat-free lifestyle to reduced risk of cancer, heart disease, diabetes, and stroke. But there are broader issues: Cutting back on meat can cut the environmental impact of raising cows, pigs, and poultry for human consumption.

You don't have to resign yourself to eating salad for the rest of your life, either. Just follow these guidelines for healthy eating without meat:

- **Legumes.** Beans and legumes are filling and provide important protein, which can be lacking in a vegetarian diet. Eat two servings a day of black beans, pinto beans, chick peas (or hummus), and soybeans (including tofu and soy milk). And remember that nuts also contain needed protein.
- **Vegetables.** Have four servings of vegetables a day. Eat a dark green vegetable like broccoli or spinach (which contain calcium and iron) at least three times a week. But don't limit yourself to green vegetables: Eating a "rainbow" of colors that includes red tomatoes, yellow squash, and others is a good way to give yourself lots of vitamins and nutrients.
- **Fruits.** An apple a day may keep the doctor away, but two or more servings of fruit, especially raw, is what nutrition experts recommend for vegetarians.
- **Whole grains.** Your five servings a day can include whole-grain bread, brown rice, oatmeal, and popcorn.
- **Vitamins.** Meat provides our bodies with essential vitamins and nutrients, so when you cut it out, be careful to find other sources. Don't skimp on vitamin B12, calcium, iodine, and omega-3 fatty acids.

How you define work probably determines how you approach it



The way you define your work says a lot about your attitude—and it can shape your motivation to succeed. Consider these basic distinctions:

- **Just a job.** You're working for the paycheck and nothing else. Fine in the short term, especially if you have other goals in mind, but not usually a viable strategy for lifetime satisfaction.
- **Career.** You're invested in a particular industry and type of work. You have goals, and you're working toward them with an eye toward finding and giving value to your employer and your customers—both worthy objectives.
- **Passion.** You feel a calling for the type of work you do that doesn't limit you to a specific organization, or even a particular industry. Be realistic, but look for opportunities to do work you feel passionate about. In the long run, that's the most fulfilling way to do your job.