



ARCH Support

**Getting Over the Hump
Getting Through a Slump
Flattening the Curve**

Wednesday's Tip Sheet: Steps pros took to get through a challenging time in life.

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Note: Sgt. Carrigan is not a spokesperson nor is he licensed to speak on behalf of or represent the opinions of the U.S. Army. The information below is the experience of (in his words), "Just regular guy," and loved son of Big Shoes Network's owners.

TELL US ABOUT A CHALLENGING PROJECT OR DIFFICULT TIME IN YOUR LIFE:

My profession is like any other, it's not the big event that's overwhelming but the small *series of events that wear you down*. There are the mental detractors, the drains, the morale-killers that result in seemingly insurmountable obstacles. In the Army, this can be the *nine weeks* of Basic Training, *eight weeks* of Sp. Ops Selection Course, *16 weeks* of Advanced Leadership Course. Each is designed to weed out those not qualified and strengthen the focus of those ready for the next level.

99% of the time, there IS a light at the end of the tunnel even with COVID19 or your own rough patch in business. But it's hard to make it through the "I don't know if I can do [YOUR CHALLENGE] job for that long."

HOW DID YOU GET THROUGH IT?

Establish intermediary gates along the way, rather than focus on the unseen light at the end of the tunnel.

Your gate that day may be
"Just make it to breakfast."
They *have* to feed you.

(continued – scroll down for more)

In some of my employer's rigorous training programs, when you're up at 4 a.m. running, climbing, driving through pointless obstacles in cold rain getting screamed at, you think, "No way can I do this for the next eight weeks."

Right. But you CAN do it until breakfast - they HAVE to feed you. So the intermediary gate that day may be breakfast. Other gates may include lunch, dinner, the end of the day, a phone call, sleep, or the weekend.

One caveat is not just to COAST to the next gate. Instead, agree with yourself to ATTACK your work – whatever it is. Challenge yourself to the best of your ability to that next gate. Then start again with a new intermediary gate. The result will be that you'll look back with gratitude when the goal has been achieved. If you just coast, you'll feel regret when (or if) you reach that end goal.

KEY TAKEAWAY:

Establish intermediary gates along the way, rather than focus on the unseen light at the end of the tunnel.

FAVORITE QUOTE:

"I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious." Vince Lombardi