



PEOPLE IN MOTION

Change the Route

*A short guide to telling a bad
patch from the wrong road.*

PEOPLEINMOTION.COM

DISCLAIMER

This guide gives general information about habit, behaviour and motivation. It is not medical, psychological, financial or legal advice, and it isn't a substitute for advice from someone qualified to give it.

If you have a health condition, a diagnosed mental health condition, or any doubt about whether a change is safe for you, talk to a doctor or another qualified professional before you act on anything here.

Nothing in this guide guarantees a particular result. What works varies by person and circumstance, and the responsibility for what you do next is yours.

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BEFORE WE START

Setbacks are one thing. This is different. This is about the moment nothing's necessarily gone wrong yet, but the plan you built isn't quite getting you there either, and you have to decide whether to push through or change course.

That decision gets made badly more often than almost any other in this whole process. Push on when you should have turned, or turn when you should have pushed on, and either mistake costs years. Getting it right isn't about willpower. It's about telling the two situations apart.

The destination hasn't moved. The question is only ever about the route.

Two people can be in the exact same stuck position. One needs to grit their teeth through an ordinary hard patch. The other needs to admit the road they're on stopped leading anywhere months ago. From the outside they look the same. Knowing which one you actually are is most of what this guide is for.

Change the route. Not the destination.



CHAPTER ONE

Persistence and stubbornness look the same from outside

From a distance, someone who's about to break through and someone who's about to waste another year look identical. Same repeated effort, same refusal to stop, same story they'll tell either way about not giving up.

The difference isn't visible from outside, and it usually isn't visible from inside either, which is what makes this genuinely hard.

Persistence serves the destination. Stubbornness serves the plan, or the ego attached to it, or the discomfort of admitting the first route was wrong. Only one of those is actually about getting there.

Nobody sets out to be stubborn. It arrives disguised as commitment, and it's nearly always the last thing anyone suspects about themselves.