

# WHY SMART, CAPABLE PEOPLE GET STUCK

*(and how to get moving again)*



Ani Filipova



# Let me paint you a picture:

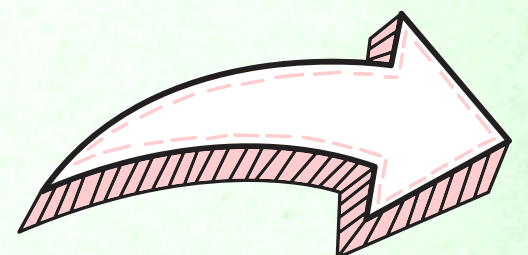


You are the kind of person who always figures things out.

- High standards.
- Quick mind.
- Track record of fixing things that others can't.

So when something in your career feels... off your first reaction is:

**“There’s no way I can’t sort this out. I’m smart!”**





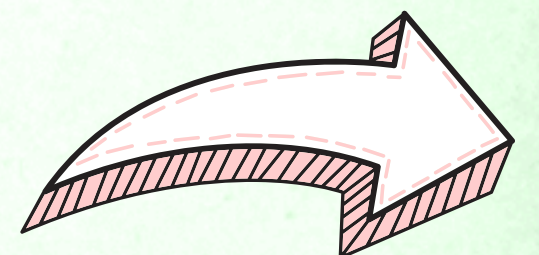
**You double down.  
Work harder. Push more.**

Because the alternative -  
that this job, this path, this  
identity might no longer fit....

....feels impossible to accept!!!

This is the moment when  
many brilliant people get  
caught in career limbo -

**busy, successful...  
but going nowhere new.**



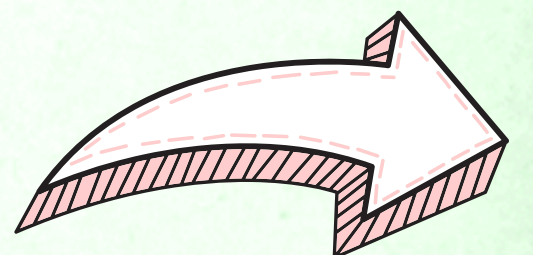
**Here is the  
hard truth:**



Being capable doesn't protect  
you from hitting a wall.

In fact, it makes it easier to  
stay there -

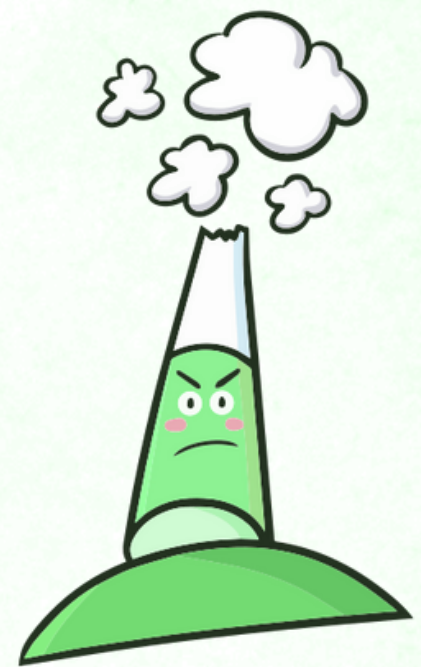
**because you can tolerate  
discomfort longer than most!!**



# **What to do instead!**

**Step 1:**

**Recognise when the self-gaslighting starts**



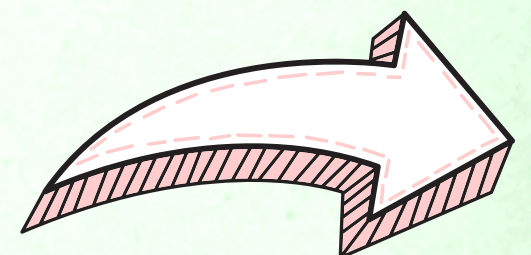
Catch thoughts like:

**“I should be happy,”**

**“It’s not the job, it's me - I am not good enough,”**

**“Everyone else is happy, I can't be the only exception.”**

The faster you stop these thoughts, the faster you will get out of the limbo.



# **What to do instead**

**Step 2:**

**Let go of  
the old story**

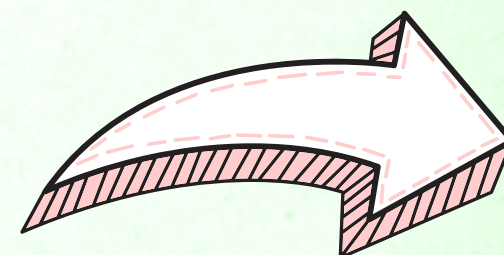


**Write down your fears, your beliefs about success, and what you might gain by letting go.**

**But you have to be honest.**

**Admit to yourself your most secret desires and thoughts.**

**It is uncomfortable, but not as much as being in suck-landia.**



# **What to do instead**

**Step 3:**

**Accept that you will lose a level of control**

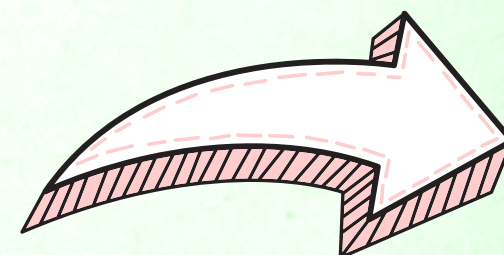


There is no person on this planet who can always keep full control. Especially in transitions.

Something's gonna give. You better focus on what this something will be and how to release it with less pain.

**The good news?**- Something new will come, and eventually you will feel much more in control than ever before

**(this is from a personal experience)**



# What to do instead

Step 4:

## Identify the problem



What is your problem exactly?

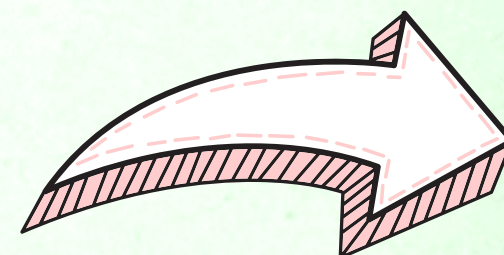
- You don't know how, you don't have the skills.

or

- You don't believe you can make this change and that brings the anxiety, which is making you freeze.

From experience I know that there is a strategy for everything as long as you believe you can.

**Skills can be learned. But belief?  
That's the real work.**



# The conclusion:



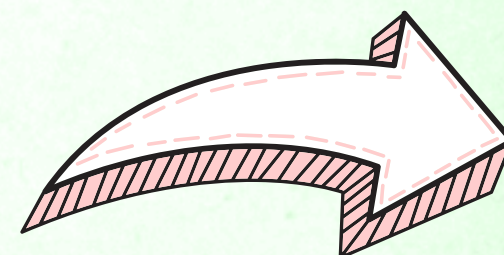
Smart people don't get lost because they are weak or incapable.

They get lost because they have evolved...

...but their mind has not caught up with the change yet.

**Pause. Reflect. Redraw the map.**

That's how you move again.



**I spent 18 months in that limbo  
before I found my way out.**



**Want to skip the long  
route?**

**Join my free masterclasses in October  
where we'll explore your actual options.**

**REGISTER HERE OR IN  
FEATURED SECTION**





## **THE FUTURE OF WORK**

 **October 22** | 1 pm CET / 7am ET  
 **60 mins** | 7pm CET / 1pm ET



## **PORTFOLIO CAREER**

 **October 28** | 1 pm CET / 7am ET  
 **60 mins** | 7pm CET / 1pm ET

