How to Get Out of a Rut at Work

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rut
rut/rət/noun

1. a habit or pattern of behavior that has become dull and unproductive but is hard to change.
This is what it feels like.

Same old, same old.
Bored or Not Feeling Challenged
Going Through the Motions
Mentally or Physically Exhausted
Grasping for Something to Look Forward to When You Arrive
Or Something Else to Look Forward to After Lunch
Don’t complain; just work harder.

Randy Pausch
And Finally Land Your DREAM JOB
THIS IS WHAT IT FEELS LIKE

Tied Up in Knots
WHAT CAN I DO?
assume

YOU'VE LOST THAT LOVIN' FEELIN

The Righteous Brothers
Reframe the Problem

Why do you do what you do?
SMALL STEPS EVERY DAY
YOU'VE GOT THIS!

@WORK

LIFE OUTSIDE OF WORK
HOW?

THIS IS HOW WE DO IT
Explore how others do what you do
OKAY, BUT HOW?

• Read, listen, watch

• Connect with others in professional associations

• Seek out “best practices”
Share what you do and what you know about it
OKAY, BUT HOW?

• Appropriate and relevant media
• Presentations at professional events
• Internal presentations and trainings
Seek out new things to do at work
OKAY, BUT HOW?

• Use what you’ve learned (see strategy one)

• Identify unfilled needs

• Investigate possibilities for assuming new responsibilities
Diver deeper into your organization
OKAY, BUT HOW?

• Study its history

• Connect meaningfully with others in new ways

• Talk to other internal and external stakeholders
Pursue a passion unrelated to work
OKAY, BUT HOW?

Endless Possibilities
Questions, Concerns, Comments, Ideas ??