Wild Earth Collective



What Actually Needs to Change?

A one-week experiment for when life feels stuck

Find a possible reason you feel stuck and one change you can test this week.

1. Find two moments that felt different

Maya is halfway home on Monday when she thinks, “I need to quit.” On Wednesday she solves a tricky customer problem and feels like herself again. Compare what happened in those two moments.

SEE HOW SOMEONE ANSWERED

Monday was five hours of calls. Wednesday gave Maya a quiet block to solve a whole problem. Both days count. Together they give her something specific to investigate before deciding what needs to change.

When did the stuck feeling show up?

Pick one moment. Write what happened as if you were describing it to someone who wasn’t there.
Example: Monday, 4 p.m. I’d been in calls for five hours and hadn’t answered one customer question.

When did it let up, even briefly?

Name one moment when the feeling eased. If none comes to mind, say so.
Example: Wednesday I had 40 quiet minutes and solved a customer issue. I wanted to finish the next one.

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2. Consider more than one explanation

Check three places: what you do, the conditions you do it in, and what the rest of life leaves room for. A new job could change the first two. What would still follow you home?

SEE HOW SOMEONE ANSWERED

Maya still enjoys customer work but rarely gets time to finish it. Eli gets quiet time and still feels flat doing the work. Eli lights up teaching a weekend class. Maya can test the schedule. Eli might try more teaching.

What changed between my two moments?

What was different in the two moments? Look for the task, the conditions, or something missing elsewhere.
Example: The work felt different when I had time to solve a whole problem without getting pulled away.

What else could explain the difference?

Write a second explanation that could also fit. What evidence would help you tell them apart?
Example: Maybe I'm tired from caring for Dad. I'll check whether a quiet work block helps on a day I slept poorly.

What do I most want to find out?

Pick the question that matters most to you right now. Phrase it as something you can learn.
Example: Does uninterrupted customer work make this job feel worth engaging with again?

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3. Run a small test this week

Treat your explanation as a guess. Change one thing small enough to undo. Compare it with a typical day. If the change takes someone else's cooperation, ask for a short trial.

SEE HOW SOMEONE ANSWERED

Maya asks for two uninterrupted customer-work blocks. She'll check whether she finishes a case and wants to start another. She gives herself a backup date so a canceled block doesn't end the experiment.

What will I try, and when?

Pick a small change you can reverse. Ask for what you need and put it on a specific day.
Example: Tuesday and Thursday, 10–10:40. I'll ask my lead to cover chat while I work one customer issue.

What's my fallback?

Decide what you'll do if the plan gets interrupted.
Example: If a call takes the block, I'll move it to Friday at 11 instead of squeezing it into lunch.

What will I notice?

Choose one observable clue and a time to write it down.
Example: After each block, I'll note whether I finished a case and wanted to start another.

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4. Let the result guide your next move

Come back after the test. If things improved, repeat the useful part. If they stayed the same, try another explanation. If you couldn't run the test, look at what blocked it.

SEE HOW SOMEONE ANSWERED

Maya learns she still likes the work when she can finish it. One good block is a clue. The canceled block gives her a specific question for her lead: can coverage be arranged before next week begins?

What happened?

Record what happened and what you felt or did differently. If the test fell through, record why.
Example: Tuesday: finished one case and wanted another. Thursday: the block was canceled for coverage.

What does that suggest?

If it helped, repeat it. If it didn't, decide whether to change the test or investigate another explanation.
Example: One block helped, but I need a second try. If coverage keeps canceling it, that's information too.

What will I do next, and by when?

Choose the next action and a date. If you need support, write who you can ask and what to ask for.
Example: Friday morning I'll ask my lead for two protected blocks next week and agree on who covers chat.

TAKE THIS WITH YOU

Save three lines for next week: "I thought ____ was wrong. My test showed ____. My next move is ____." That's the direction you've earned from what happened.