**Shift Workspaces – Learning How to Push Yourself**

What do you do when you hit the proverbial wall? For most people this is the point where they cut their losses and go back to their normal routine, while keeping an eye on not going anywhere close to the hard limit they set for themselves. They might believe that this is a safe way to live, but it is also a guarantee that they will never grow in any meaningful way. The truth of the matter is that the [world will not stop changing](https://shiftworkspaces.com/) and eventually it will force people to go beyond their limits in a do-or-die kind of way, so it is better to know how to face these challenges as they arise instead of ignoring them until they become unavoidable. But how should you go about surpassing your limits?

The first step is to accept the fact that you have reached a limit. Choosing to ignore this fact won’t get you anywhere near breaking that limit, and you will most likely waste your energy by making excuses about the situation, so start by making peace with the limit’s existence and this will get you in the right mindset to begin the process that will ultimately lead to a breakthrough.

Now, to successfully break your limit you need to be able to push yourself. Remember that what got you there won’t necessarily help you go beyond. So how do you push yourself? Here are a few tips to help you get started:

1. **Find support**

Taking on any kind of challenge is easier when you have someone you trust right there by your side. Having someone else that supports you can help you keep going way past the point when you would have given up if you were alone. Their encouragement can be invaluable to help you find that little bit of energy left in your tank, they can also help you come up with new ideas and techniques, and finally they can help you stay on course by making you feel accountable to them.

1. **Challenge yourself**

There is always a moment when your mind will want to get you to give up because it feels the limit coming. This is your mind in panic mode. But pushing yourself means not listening to this noise and instead going on for just a little bit more. When you do this, you will also be training your mind to wait a little longer to push the panic button and you will be able to go farther and farther every time.

1. **Use the power of visualization**

Focus on the next level you want to reach and visualize what you want it to be like for you. This will give you a clear idea of what you are lacking right now and a target for what you need to do to get where you want to.

1. **Find inspiration**

It is very likely that there have been others before you who have set on the same path you wish to walk in. Look to their examples for inspiration, as it will be a great source of passion and drive that will help you succeed.

1. **Know your weaknesses**

By knowing exactly in what areas you are lacking you can prepare yourself better to battle them when they arrive. If for example you know you lack discipline, then you can also be ready to not accept your own excuses when your alarm sounds in the morning.

As Socrates famously said: “the unexamined life is not worth living”. And finding the true limits of your life is a fantastic journey, all you have to do is keep pushing!