

The Achievement Trap

Stay busy, get the next deal, tick the boxes — that's the path to success, to all that's good, right?

You were taught a work ethic. Work hard, achieve, have the next goal lined up - you'll have it all. Yet, there's still something missing. **You're stuck.**

Just because a behavior is universal does not mean it's correct, that it works, or even that it's harmless.

In truth, the achievement trap actually keeps you distracted just enough to not fully feel what's underneath it all. And the dangerous part is how automatic it is.

You don't realize that **what got you here won't get you to the next level.** The process you were taught keeps you stuck in the achiever's trap.

It's NOT working.

*"I dive into my work to soothe myself, and too often cross the line from feeling soothed to going numb."
~ M. Lynes*

Ready to **change the pattern?**

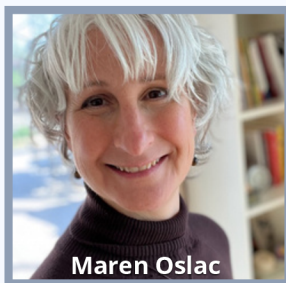
The three steps (to the right) use both awareness and inquiry (foundations of our work) to literally build new neural networks in your brain attuned to what's BEYOND that darn achiever's trap.

If there's a gap between what you've built and how empty it feels, I'd love to hear your story.

Additional Resources:

The Gap Workshop
tslp.life/the-gap-workshop

The Soulful Leader
Podcast
(on all podcast platforms)
You might like Ep 207 & 213



Maren guides high-achievers in living the life that feeds their soul, integrating inner alignment with outer action. Maren is a speaker, author and coach who started her own self-development journey before she was ten.

DIY YOUR SCRIPT

Your Next Three Steps

→ Notice When You're Checked Out

To change you have to first see it. Inventory your unique ways of exiting stage left - without judgement.

For some, it's checking revenue dashboards five times a day or saying yes to one more speaking gig you don't need.

For others, it's YouTube videos of DIY projects or three workout a day.

→ Get Curious About Why

Ask yourself: what am I afraid I'll feel if I stop moving, stop filling my time? For a lot of high-achievers, the honest answer is unsettling — "If I'm not producing, I'm not sure who I am." Or: "If I slow down, the emptiness I've been outrunning will catch up." That's not weakness. That's information.

→ Stop Judging

Then, instead of getting grumpy, ask yourself "Why? How is this actually serving me?" Is it the ongoing rebellion against a pushy parent or maybe the part of you that has a different/better way tucked up their sleeve.

The clues you discover are your guide for the magnificent life you're here to live, not 'problems' that need to be 'fixed'.