13 Signs That You're In A Rutaa

Do you ever find yourself feeling stuck, unmotivated or easily losing interest in things?

Or perhaps you're not even sure what is going on exactly but you know that something isn't quite right?

I find this especially interesting in my own life when I come up with a great idea, project, or plan, start pumping a lot of energy into it and after a period of time, I suddenly lose interest.

It leaves me feeling like, what the 'bleep' just happened? How did I lose that energy so quickly?

What was once making me feel alive and excited about waking up each day, now feels like a chore and a hassle to deal with.

In talking with many others over the years and listening to them describe their lives, I've come to learn this is more common than many of us realize; and frankly, I find it healing to know I'm not the only one.