

# How To Get Unstuck: Do Good. Be Happy

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# Greg Hutchins PE CERM Bio

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# Presentation Outline

1. Signs of the times
2. Are you asking the right questions
3. Dealing with uncertainty
4. Deciding how to decide
5. Getting your stuff done
6. Deciding on risk acceptance
7. Things to think about

# . Sign of the Times We're Living In

USA Today ( January 23, 2024)



Doomsday Clock set to 90 seconds to midnight.  
USA TODAY

LA Times (January 24, 2025)

Los Angeles Times

SoCal sees two  
'thousand-year'  
storms within  
weeks. More could  
be coming

Two 'thousand-year events' pummeled San Diego and Ventura. Officials say El Niño, climate change and seasonal patterns make similar storms more likely.



- Dangerous floodwaters got 'deeper and deeper' as epic storm submerged San Diego

# Are You Ready for Age of Disruption

- Moore's Law For People
- What is Moore's Law for IC's
- Moore's Law for people
  - People have a half life for careers.
- **Lesson:**
  - Today people have 10 jobs
  - Younger generation will have 10 careers
- What does this mean for YOU?



Source Intel  
Corporation/AFP/Getty Images



## Working It App - Future of Work

The Future of Work is being disrupted. MIT has engaged the entire institute in researching and proposing solutions for the Future of Work. Harvard Business School has a similar initiative in terms of managing the Future of Work. Q+E proposes a similar initiative with OSU in developing the Working It app. This software project is based on the fifth edition of the book /Working It: Disruption Rules – COVID Edition/ for OSU's EECS Capstone Project.

The Future of Work data and Future of Professions projections are dramatic:

- 1/3 of the workforce will transfer to new occupations over the next 5 years (Goldman Sachs).
- Sixty-five percent of children now entering school will hold jobs that currently don't exist (WEF).
- 1/3 of all graduates are underemployed (Milken Institute).
- More than 50% of workers want new work/career/jobs (LinkedIn).



↑  
**VUCA**

**External Disruption  
Outside in**

**Gap  
=  
Risk**

**In-Between Place**

- Stuckness
- Not getting stuff done
- Unhappiness
- Anxiety
- Fear

**Personal Adaptability  
Resilience**

**Time** →

# Dealing with Uncertainty

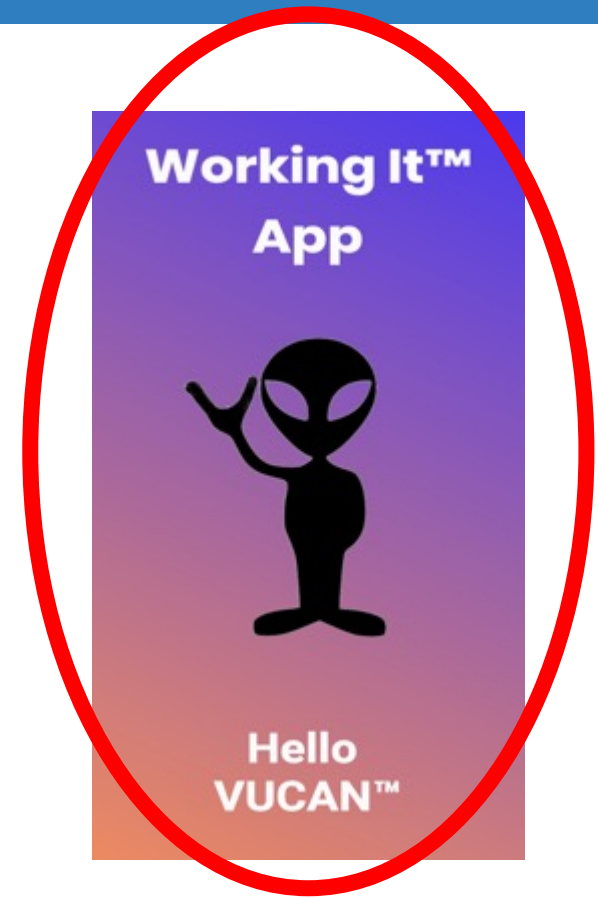
“Life is inherently uncertain, and if you have difficulty dealing with that, you will have difficulty dealing with life.”

Michel Dugas, a professor of psychology at the University of Quebec in Outaouais



# We're Now All VUCANs®

- Over 80% of experts surveyed expect consistent volatility over the next years, with multiple shocks accentuating divergent trajectories (WEF, Time mag)
- We are all VUCANs®
- **V**olatility **U**ncertain **C**omplexity  
**A**mbiguity **i**nhabitant

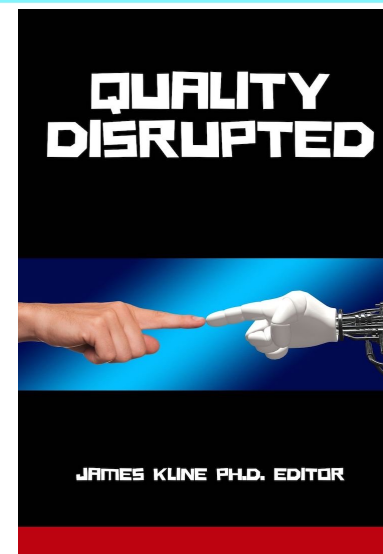
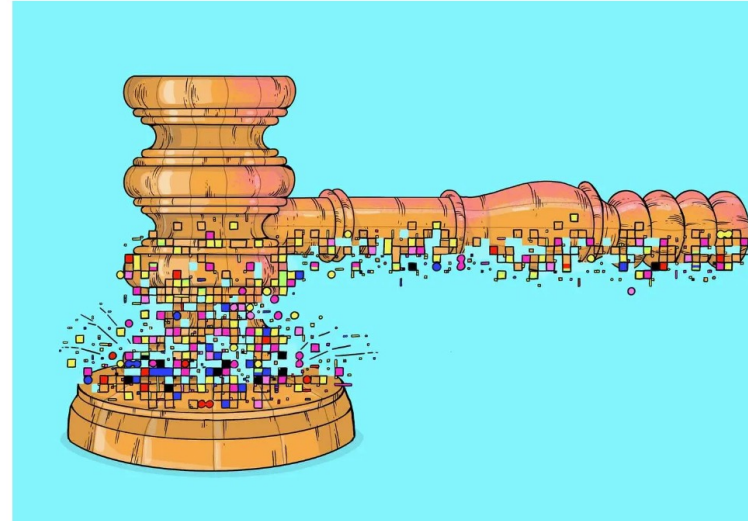


# What is the Future of Our Profession?

## Artificial Intelligence Is Coming for Lawyers, Again

Previous advances in A.I. inspired predictions that law was the lucrative profession most at risk. It didn't happen. Is this time different?

5 MIN READ



# Color of the Year

**Pantone 2023 – VIVA Magenta**



**Pantone 2024 – Peach Fuzz**



# The Right Questions -15 Years Ago

What's the meaning of your life?

How will you measure your life?



**Clayton Christensen**

**Source:** Evgenia Eliseeva, HBR

# Consequences of the Right Decisions

## **Expectation:**

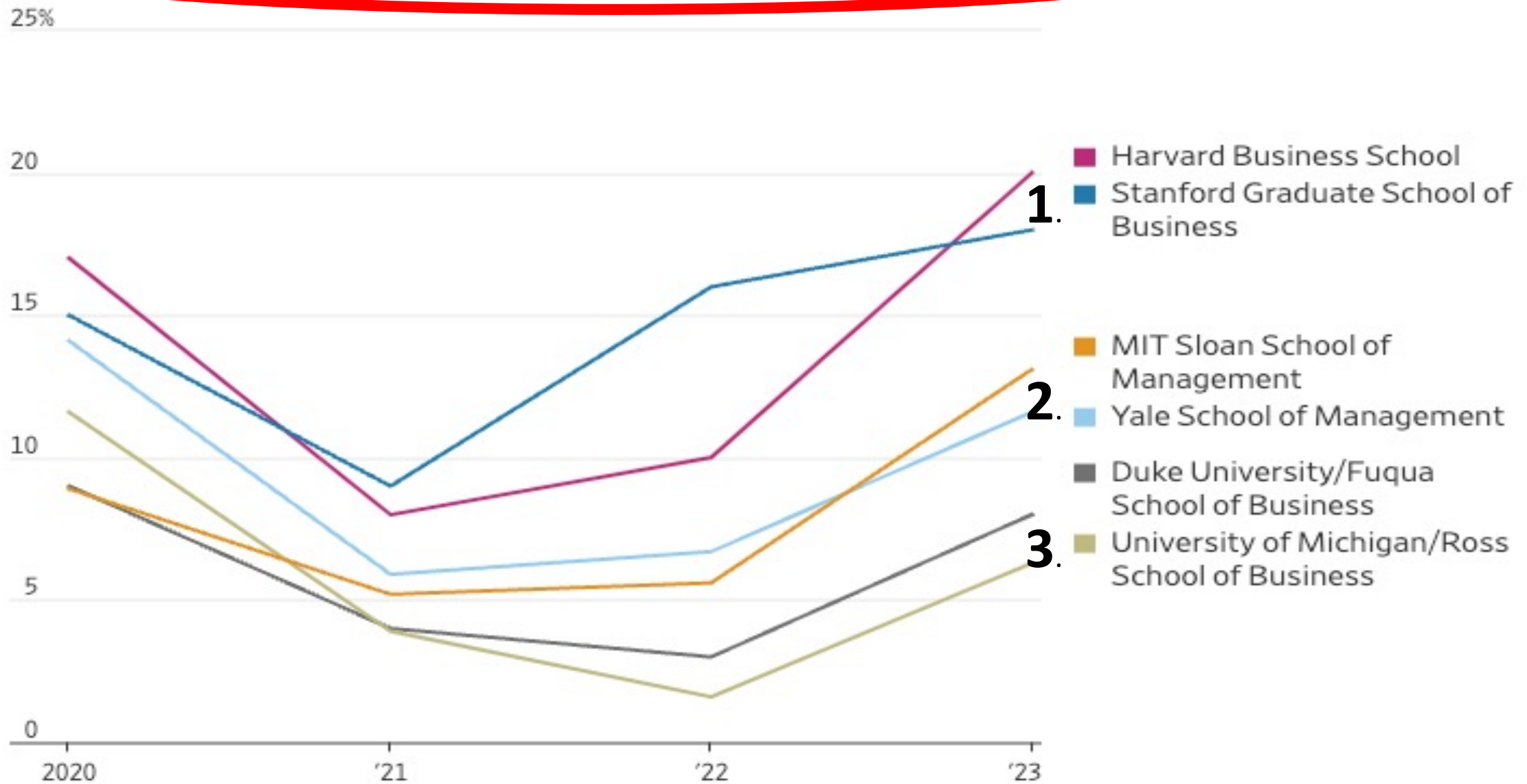
“A Harvard M.B.A. seemed like a winning lottery ticket, a gilded highway to world-changing influence, fantastic wealth and — if those self-satisfied portraits that lined the hallways were any indication — a lifetime of deeply meaningful work.”

## **Reality:**

“‘When I die, is anyone going to care that I earned an extra percentage point of return? My work feels totally meaningless.’ ... The smoothest life paths sometimes fail to teach us about what really brings us satisfaction day to day.’”

**Source:** Wealthy, Successful, and Miserable', New York Times Magazine, February 22, 2019.

## Share of job-seeking M.B.A. graduates without jobs three months after graduation




Note: Data includes grads who received job offers but didn't accept them.

Source: the schools



# *At Harvard, Some Wonder What It Will Take to Stop the Spiral*

At a summit of university presidents, the talk was about Harvard and its plummeting reputation.

 Share full article

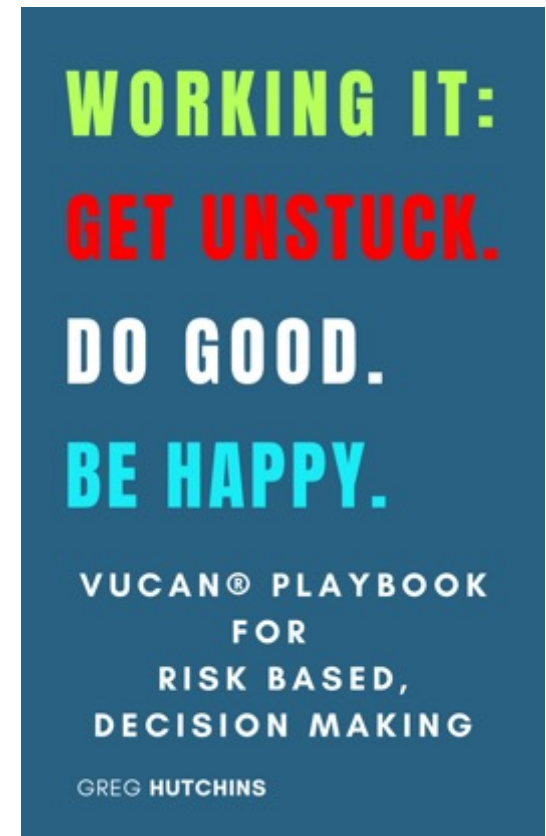


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# Are You Asking The Right Questions Today

- **Are you stuck?**
  - It matters because stuckness is today's personal epidemic.
- **Are you happy?**
  - It matters because global unhappiness is at an all-time high.
- **Are you achieving your goals?**
  - It matters because **achieving your 'do good' goals** gets you unstuck and **makes you happy**.



# Signs of Stuckness

- **Gen Z**

- Getting into right college
- Getting a good/great job
- Paying off loans

- **Millennial**

- Get out of parent's home
- Buy house – FOMO Fear of moving out

## **Gen X**

Supporting parents,  
kids

Promotions

## **Boomers**

Paying for retirement  
Health

# Why Am I Stuck?

- System is rigged against me.
- I don't know what to do, where to go, or who I am?
- I can't make a decision or take a risk
- I'm in a mental rut.
- There are no opportunities for me
- I can't reach my dreams and goals.



# How Do You Decide to Decide?

- **Scenario:** Saber tooth tiger going to attack the village and dispose of the clan leader and maybe YOU
- What would you do?

Would you have been a:

- Hunter (risk taking)
- Gatherer (risk averse)



Source: Pixabay

# What Type of Decision Maker Are You?

Key risk-based decisions had to be made:

- Flight (risk-averse) or Get Stuck or 'WTF'
- Freeze (risk-averse) or Get Stuck or Saber Tiger lunch
- Flow (risk-sensitive) or Saber Tiger lunch or 'What just happened'
- Fight (risk-taker) – hunter behavior

**Lesson:** Risk-based, decision-making is part of our DNA



# Getting Your Stuff Done?



# Solution: Risk-Based, Decision Making

**Starting Point/  
Current State**



Who do you want to be? Why?

Where do you want to go? Why?

What do you want to do? Why?

**Obstacles/  
Risks**



How are you going to get there?

What obstacles (risks) are in your way?

How are you removing the obstacles (risks)?

**Ending Point/  
GOAL**

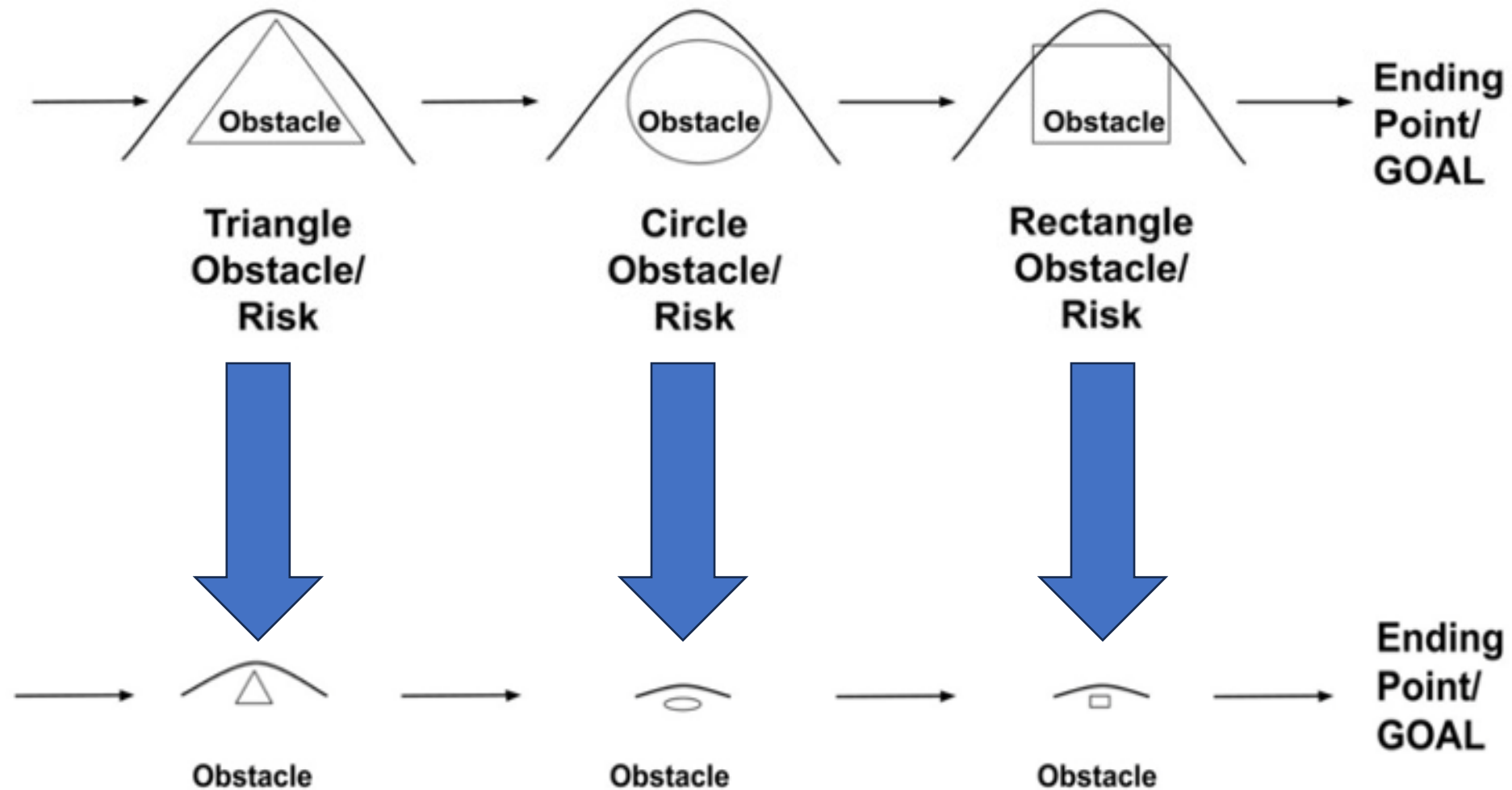


How do you know you've arrived?

How do you measure progress?

What did you learn?

# How Do You Reach Your Goals?



# We Are Now All Risk Managers

- Permacrisis – word of the year
- Our word – permarisk
- Takeaway:
  - **Risk is the lens** for much of personal work problem solving and decision making
  - We are **now all risk managers**



# A Few Questions to Think About

1. What can you do in this moment that feels important and meaningful?
2. If what you are fearing comes true, what is in your control to do?
3. When you look at the evidence you are believing in that is painting your picture of the future, what might you be leaving out?
4. When you look at what you are expecting or fearing will happen, what else is possible that you haven't considered?

# A Few Questions to Think About

5. If someone you trusted were to argue with you about your assumptions, what might they say?
6. What can you do with the knowledge that the world, and all humans, are unpredictable and imperfect?
7. When you see yourself boldly moving forward with uncertainty, who are you being?

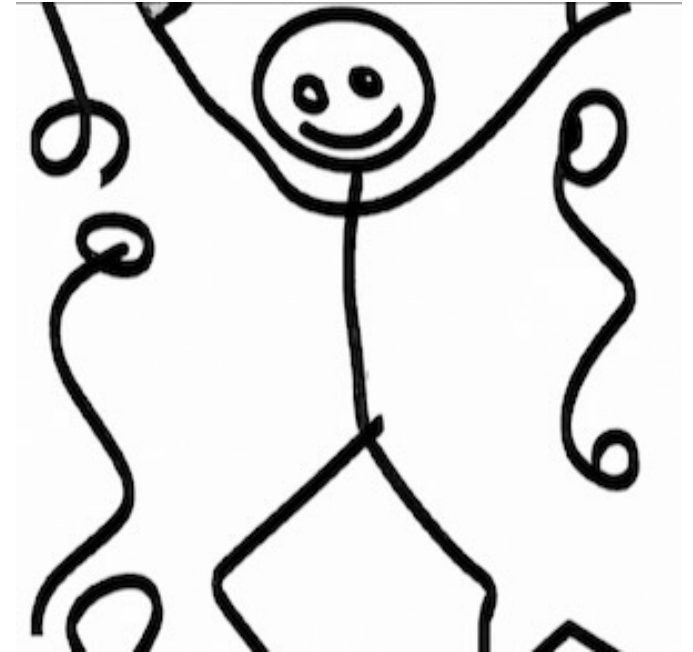
Source: Marcia Reynolds, How to Strengthen the Mind to Deal With Uncertainty, 2023



# Final Thought: George Bernard Shaw

World is populated by three kinds of VUCANs:

1. Those to whom it happens.
2. Those who wonder what happened
3. Those who make things happen.



It is better to be clued in rather than clueless

# Thank You For Your Time Today

If you have any thoughts or  
would like to talk, please call me  
at: 503.957.6443

Or

[Greg@800Compete.com](mailto:Greg@800Compete.com)

Or

Purchase book on Amazon

**WORKING IT:**  
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