

NEWSLETTER

YOUR LIFE - SET FREE



The third (and hardest) step to creating the breakthroughs you want!

At this point (if you read newsletters 1&2), you have identified exactly where you are and what is happening right now. Next you reviewed the specifics of your current situation and identified your options, the things within your power to change.

Up to this point, it has been about identification, clarity and assessment – all very important parts of the process, but the time has come to take action! This is where those who will be great step ahead of those who will just be good enough. Many people have done the first two steps along the path to having a powerful breakthrough, but they hesitate and stop when faced with the risks involved in taking action.

The concept is simple enough. Based on your previous reviews and assessments, choose an option that looks promising and act on it! Then, as you are taking action, assess how it is going (get feedback) and make adjustments along the way as needed. Keep taking action and making adjustments and not only will you have your breakthrough, but you will also find yourself well on your way to achieving your hopes and dreams!

So if it is that simple, why doesn't everyone do it? There are many answers. Some of us are waiting for everything to be perfect before we start (a personal favorite of mine). However, perfection is seldom obtained and in those few cases where it may be possible, it is only achieved after considerable effort and previous mistakes and failures.

Some of us have a bad case of "not enough" (another personal favorite). We feel like we are not trained enough, not educated enough, not experienced enough, not smart enough... the list goes on. So instead of taking action to move forward, we step sideways into training, education, certifications, seminars, even therapy. All these things are helpful. But none of them can replace the power of taking the action necessary to achieve your goals.

Regardless of why you have stopped in the past, there is always an opportunity in this moment, right now, to choose to take action and move forward. Get support and encouragement from others. Ask for help when you need it. But don't wait! You are here for a purpose and staying stuck and afraid does not help you or anyone else. Like those wonderful old Nike ads say – Just do it! Enjoy!