

ACTION IS THE ANSWER

There are times in life when we don't feel as strong as we would like. There are times when we feel out of control, frustrated, low on energy and like things are just not going our way. It may be with our health & wellbeing, in our relationships, in our job or business or in any other area of life. Do you relate and have you ever experienced this? I think we all have.

Did you know, however, that the solution to all of these problems is simple and 100% effective ... the answer is to stop thinking and TAKE ACTION!



I have a very good friend and business associate who has inspired me to write this article. She had a business target to hit by the end of September 2009 and at 8pm on the last day of the month I received an sms from her saying she hadn't done it and she didn't want to discuss it. She had been working on this project for 3 months and it was on the last day of the 3rd month that she realised it wasn't going to happen. I started to imagine how she must be feeling at that moment as I had been there before.

However, 20 minutes later I received another sms from her. She said she was not going to give up and at about 9pm on the last day of the month she did the highly improbable. She did what most people wouldn't do and **took action**. She got up, went out of her warm home, got way out of her comfort zone and achieved her target!! Inspiring stuff, but as I am sure my friend would agree, it was really not that difficult. it was just a decision to act - a decision we all could make.

Worlds Apart

Think about the difference in the way my friend must have felt before and after taking action. I easily imagined how she would have felt when she realised that she wasn't going to hit a goal that had been a burning desire for her. In fact I spoke to her about it afterwards – she said she felt like a failure. She didn't want to talk to me because she was embarrassed and angry and it was seriously affecting her self esteem, confidence and belief in her own ability. All in all it wasn't a healthy or happy place to be

Now, consider the contrast of how she felt after she had taken action and achieved her goal. It was worlds apart! She felt amazing and happy – she felt empowered, confident, strong, like a winner and inspired with the knowledge that she could do anything.

Wow what a difference – all because of one simple decision to take action!

What could you take action on today?

The amazing feeling of empowerment, satisfaction and control that my friend experienced was predictable and is available to every person on the planet if they decide to act. What about you? If you are reading this and are feeling inadequate, unsatisfied or frustrated in a certain area of your life, then I challenge you to act NOW and just see how it feels. Go on I dare you!!



If you are not happy about your level of fitness then get up off your chair and go for a 15-20 minute power walk – NOW! If you are struggling with your energy then go and eat a fresh piece of fruit – NOW! Maybe your relationship is a bit stale at the moment then why not organise a romantic event, or even just go and hug your partner and tell them how you feel about them – NOW! Is your business or career plateauing at the moment, then pick up the phone and make a call and set an appointment with a prospective client – NOW!

The Domino Principle

It is all pretty simple and I know you are agreeing with me as you read this, but the question is are you willing to take action NOW to do something that will make you feel amazing? It could be the catalyst that ignites your life or a certain area of it and takes it to the next level.

For my friend her simple decision to act that evening will shape how her life turns out. Does this sound like a big and unsubstantiated statement? Well maybe it is, but let's just explore it a bit. Have you ever heard of the 'domino principle'? One simple action can trigger a string of events that can change someone's destiny.



Make a decision to act on something now, as a result you will feel better about yourself, have more belief and more confidence. Consequently you will be more likely to act again because you want to experience more of those positive feelings. This is when the 'domino principle' really kicks in! Action feeds action, just as inaction feeds inaction. Which do you want to feed?

The only tough step is the first one, the rest is easy. So wherever you are right now in your life and whatever the issues are that you maybe facing the solution is simple...

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Andrew Jobling
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www.andrewjobling.com.au