

DON'T LEAVE IT INSIDE...

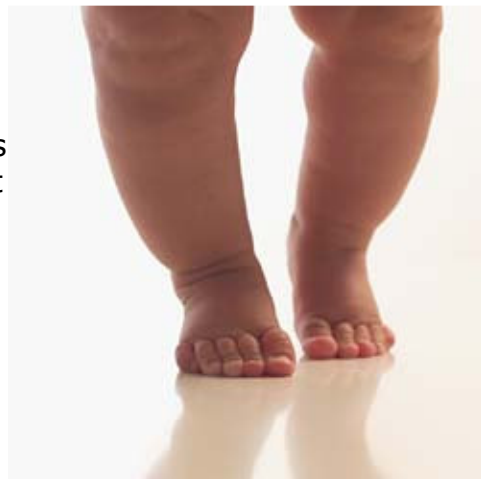
I went to a party last night and I met a really nice guy and we were talking standard party conversation stuff. I asked him what he did and he asked me what I did and after a short time of hearing about what he does, what he thinks about it, what he would like to do, what he still has inside of him I just had the urge to say something to him...



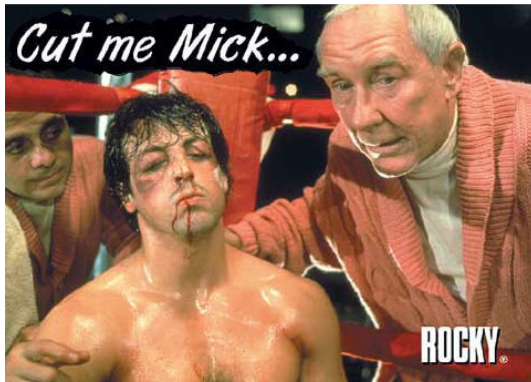
He is on the verge of turning 40, and as was the case for me, this milestone is definitely a time for not just reflection, but also decision! Had been teaching for 10 years and was increasingly dissatisfied with his profession. I asked him if would like to have his own business and he said he would love it but... When I told him I was an author he told me that he has always wanted to write a book and has 5 book ideas. He told me about his book ideas, which sounded good, a song idea and an interesting sounding business idea. As he was telling me this stuff, I could sense from him that these were just wishes and that they were never going to happen. He seemed almost resigned to his job, where he lived and the life that he already had. So, I couldn't resist...

Don't leave it inside...

I looked at him and I simply said; *'you have some incredible ideas that will make a difference to many people – DON'T LEAVE THEM INSIDE YOU'*. It is just so sad that the vast majority of people will go to their graves with so much still inside of them. Things that they could have done, could have achieved and could have given to make their world and the whole world a better place. I simply encouraged this gentleman to stop thinking about his ideas, stop wishing that some magical source will just bring them to him and just take the first baby step to make these dreams a reality.



The discomfort of failure or the pain of regret



One of the things that stops us in moving towards those things that are inside of us is the fear of failure, rejection and/or humiliation. What many people fail to realise is that every success only comes after a string of failures, rejections and/or humiliations. Rocky Balboa, in the 'Rocky' movies understood it and after getting knocked down on each occasion just got up one more

time. His philosophy was simple; it didn't matter how many times he got knocked down, it was how many times he got back up that counted. Failure only hurts in the short as long as we subscribe to Rocky's 'get back up' principle. What hurts forever is the pain of regret having never taken the chance to experience the success that is there for all of us. The question we need to ask to ask ourselves is what we would rather live with; the discomfort of short term failure or the eternal pain of regret?

Just make a decision and take the first step

I am sure the answer to the above question is obvious and that is there is no-one who would choose to live with regret. That being the case we need to choose the opposite. We need to choose action! This doesn't mean we have to necessarily believe it is possible. Neither does it mean we have to know exactly how it will happen. What it does mean is that we **must** make a decision that whatever it takes we will take the desire and dream that is in our heart, mind and soul and turn it into reality. The second thing we **must do today** – not tomorrow or next week – is to take the first very basic and simple baby step towards it's fulfillment. As I have said ad nauseum; any great success has nothing to do with talent, experience or credibility, it is the result of one eyed focus and is the culmination of simple steps compounded over time.

let it out

Let's take a chance and open the door to the risk of failure but the possibility of living a life with no regrets. Let's take that first step NOW... if we keep it simple and do it successfully then we will be more likely to discover and take the next small step. If we commit to follow this process every day our life will gradually unfold to expose what is truly in our hearts. When we finally reach the inevitable conclusion in life we will get there fulfilled and knowing that we did everything we could to really make it count.



Let it out, live it strong and love it always