

YOU ARE RIGHT ON TRACK...

If you are reading this article then I will assume that you are in the process of trying to create some positive change in your life. Well, at least thinking about it! If you currently working towards some meaningful goal or positive change then I would like to ask you a couple of questions - Are you frustrated because nothing seems to be working the way it should? Are you angry because you are not getting the support you would have liked? Are you disillusioned because it seems harder than you thought it would be? Is your effort:result ratio way out of balance on the effort side? Have you felt or do you feel like giving up? If you have answered 'yes' to one or all of those questions then I have one simple statement for you... YOU ARE RIGHT ON TRACK!

All the rewards in life come to those who stay the race



In many of the pursuits in life the path seems long and endless. It is often uncomfortable, exhausting, distressing and even discouraging. We often lack the confidence in ourselves to believe we can achieve the end result. The biggest and best prizes in life, however, are always at the end of the path and there for anyone who is willing to stay the race.

The story of Colonel Sanders has always inspired me. Whilst I don't recommend eating his chicken, I do encourage anyone wanting better things in their life to adopt his attitude. He was well into his sixties when he found himself poor, homeless and almost destitute. He had very little to show for his life except a 'finger lickin' good recipe for southern fried chicken. He had no money to start a business and so his idea was that he would offer his recipe to take away food outlets and ask simply that they give him a percentage of any chicken they sold using his recipe. It sounded like a reasonable and good idea at the time!

So, off he went, excited with his idea and with the expectation of a successful outcome on the first day. As is often the case, our intention and the reality of our situation are often worlds apart. Colonel Sanders came up against a bit more resistance than he first anticipated. Not only did he get rejected, but he got ridiculed time after time after time. It was no fun, it was discouraging and he often wondered whether he would ever sell any chicken at all. But something



deep inside told him that he was **right on track** and so he kept going. How long did he keep going for? He kept going until he got the answer that he wanted! He stayed the race and after; not 10, not 100, not 500, but 1009 rejections he finally got his first 'yes' and the rest is history!

Delayed Gratification



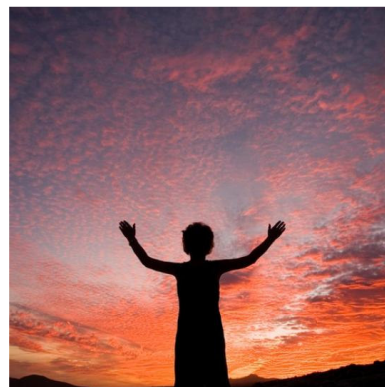
Of course we want to happy, healthy and successful right now! Who doesn't? The problem is that there is no magic tablet we can take that will instantaneously get us to that point! I know, life is unfair isn't it? That is, unless we can accept that fact that what we want is at the end of a path and if we can just put our faith in the concept of delayed gratification and keep going eventually it will be ours. We really are right on track.

A stone cutter was working on breaking up a large rock with his sledge hammer. He started hitting it and continued for some time. After 100 powerful and exhausting strikes of the hammer there was no visible sign that he was any closer to breaking it than when he started. He was close to giving up, but decided to keep going for a few more strikes. On the 101st strike the rock crumbled into little pieces! It then became clear to him that this achievement had very little to do with the 101st strike but was a culmination of all the strikes that came before. He was right on track from the beginning and the end result came through delayed gratification and the investment of every strike of the hammer, even when it seemed nothing was happening.

Your time will come – I promise

Have you ever looked at someone and said they are so lucky? Everything just seems to work for them? They make the most money, they win the most awards, they are the most popular, they have the best skin, they are the healthiest and it just isn't fair!! Have you noticed how some people just seem to have it all? Can I tell you a secret? It is not Luck and when you look at that person do you want know what you are really seeing? You are actually seeing yourself in the not-to-distance future if you are willing to stay focused on what you want, keep doing what you need to be doing and stay the race.

All I know is what I have seen from observing the most successful people and what I have seen is that they are no more talented or lucky than you or I. They have just made the decision to finish what they started, to stay the race and when ever they are discouraged, frustrated or disillusioned they simply look in the mirror, smile and say - **"I AM RIGHT ON TRACK"**.



Andrew Jobling
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www.andrewjobling.com.au