

Do the thing and you will Have the Power!



It was the great author Ralph Waldo Emerson who said it, and then finished the quote with “...*But they that do not the thing, had not the power.*” So what does that mean to the dog on slide and the one standing at the bottom watching? More importantly what does it mean to you? We will answer all these questions and more as we progress, but seeing how dogs are such great subjects, I will start with a quick story about mine ...

I bounced out of bed this morning ... okay, okay fell out of bed was more accurate! I got into my training gear and went out into our courtyard to do some exercise. My dog Joia, who doesn't like missing out on anything, was right with me. She was licking my face as I was doing push ups, running with me as I did some shuttle runs, but the interesting part came when I picked up the rope and started skipping.

She wasn't quite sure what I was doing! It looked sort of fun and maybe something she felt she would get involved with. I was watching her face and I could see the cogs turning as she was trying to process what I was doing. Then she obviously thought that it was enough of trying analyse, it is time to get involved! As she started to walk towards me, I knew it would end in tears, but she had to find out for herself. Yes, the predictable happened – she got hit with the rope and she ran away stinging a bit, but with the power that comes from doing the thing – something now, she will never do again!!

It doesn't matter how much you know ...

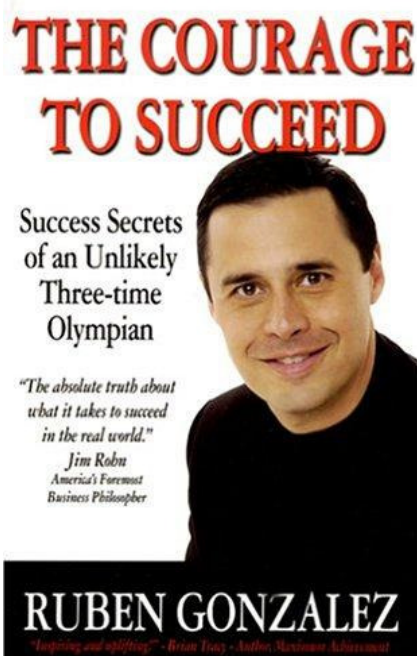
Do you remember learning to drive? I do. Before I started my mum and dad bought me a book about driving a manual car and the road authority handbook explaining the rules of the road. My mum also sat me down, before we started driving, and tried to explain to me everything she knew. When she was finally satisfied that I knew enough off we went – within a few minutes I had totally lost control and had driven up onto the curb!!



It didn't matter how much I had read, it didn't matter what my mum had explained to me and it had nothing to do with how much I knew! All that went out of my head and out of the window the second I started driving because my mind was a confused mess of gear changing, accelerating, braking, indicating, rear view mirrors, side mirrors, red lights, green lights, pedestrians, other cars ... AAAAGHH!!!!

I stopped the car safely on someone's nature strip – got out feeling like a 'loser' and mum drove home. After that, and having a few professional lessons, I tried a new strategy which was simply to do it and learn it as I went. It worked a treat and within a few weeks I had the power and was driving proficiently! Now I drive very well and without too much conscious thought. Not because I learned, studied and researched everything I needed to know and do, but because ...

When you do the thing you will have the power!



A great book called 'The Courage To Succeed' is the story about a man named Ruben Gonzalez (the author). He was a average soccer player as a child and teenager and always had a dream to get to the Olympic Games - but his soccer ability just wasn't that good. So, he decided that he would get to the Olympics in another sport. A sport that he had never ever done before, a sport that was probably one of the most dangerous in the world, but a sport which could give him the opportunity to achieve his dream. The sport was luge and his dream was to compete at the winter Olympics. So with no experience he simply started to practice and he was bad! He hurt himself a lot! But over time, by **doing the thing he got the power**, he went on to compete in the luge in three winter Olympics across three decades and achieved his dream!

But let's face it – it is not about Ruben Gonzalez, it is not about my dog or me driving a car. It is about you! What is it that you have burning deep inside that you want to do? What it is that you are not doing because you are waiting to know enough, waiting for enough experience or waiting for the right time ...

You are already good enough and the time is NOW!

Stop waiting and start doing! You will learn enough, get good enough, get the experience when you do it. Write that book NOW because you can. Go for that job NOW because you are already good enough. Start you business NOW because you will learn by doing. Get your wellbeing regime started NOW because why would you wait any longer?

Start NOW – stop waiting, stop procrastinating, stop making excuses and stop justifying lack of results. Do the thing you have inside you to do and I promise that as a result you will have the POWER. **Have a powerful week!**

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