

Stop Watching and Start Living!



Doesn't time fly? There are times when I wish that it would just stop so that I could catch up and not waste it as it whizzes past me. The question I ask myself is 'what am I doing with this time - is it working for me or am I letting it slip through my fingers?' It is easy to do isn't it? What a great time of the year to sit and watch other people go after their dreams. Reality TV shows like the 'X-Factor', 'Master Chef', 'Biggest Loser' and 'Farmer Wants a Wife'. It is finals time for many football codes. It is all great stuff to watch...

The question I have is; as we are sitting and watching other people get up off the couch and go after their dreams, what are we doing about our own? This week's article is more to fire me up than anyone else, but I hope it sparks something great inside you as well.

We have a very good friend of ours chasing her dream on 'X-Factor'. Her name is Tyla and we love watching her to see how she is going. My intention was just to watch her performances, but I have to admit I am sucked in bad!! I love watching these guys and am inspired by the courage they are showing to get up, way out of their comfort zones, and go for their dreams.



But, I have this nagging feeling as I am sitting there watching this show. As I am watching these people having a serious go, putting it all on the line for their burning desire – I am thinking, what about me? Please don't get me wrong, I have no problem with these shows nor watching them ... clearly!! And I also enjoy watching my team in the football finals, but the question is, are we watching others when we really should be getting off the couch and going out there, putting ourselves on the line to achieve that which will ultimately bring joy into our own lives?

Is it time to stop watching and start living?

One of my favourite movies (yep, watching TV again!!!) and an all-time classic is the **Shawshank Redemption**. My favourite scene is when the two (pictured below), Andy (on the left) and Red are talking about freedom. Andy who has been wrongly accused of murder has been in a horrendous prison for over 20 years and now is talking about what he will do when he gets out. He talks about his dream place to live in Mexico and what he would do when he is there. Red, having been in prison for over 40 years tells Andy to

stop dreaming and putting himself through this torture, because the reality is that Mexico is way 'down there' and Andy is stuck 'in here' in prison and that's just the way it is ...



Andy looks at Red as says. 'Yeah, right, that's the way it is. It's down there and I'm in here! I guess it comes down to a simple choice really ... **get busy living or get busy dying.**' I won't spoil the movie if you haven't seen it, but it is worth watching, taking on the message and then getting busy living.

'Yes, I can' and so 'now I will' ...

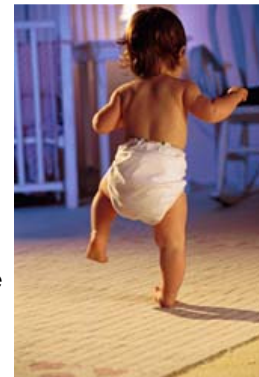
Last week's article was all about changing our words to start saying 'yes, I can'. When we do this we start to think about 'how' we can and the possibility of success begins to formulate in our brain and we get excited. Napoleon Hill, author of the classic 'Think and Grow Rich, was quoted as saying 'What the mind of man can conceive and believe it can achieve'

This week's article is more about moving from that thought process and positive mindset into action – the scary bit. As I said, I am doing this for myself as much as I am doing it for anyone else. I know what I want and I know why I want it, but like all of us I get scared and at times I lack belief in myself. But what I do know from the times when I have done and achieved, for me, great things was when I stopped watching, stopped thinking and started doing!

Action brings energy, action brings belief and action brings excitement & urgency. To start with it doesn't even have to be massive action – that will come as we start to gain some momentum and things starting to become clearer and more possible to us ...

Just the first step

I bet you know what you really want. I guarantee you already know what is most important to you. I even believe you know what you need to do to make it happen. Am I right? What stops you, as it stops me, is looking to the top of the mountain and thinking 'wow, that is a long way away I don't know if I can make it!' Rather than looking a simple bite size piece and saying 'yes, I can' and then just taking one simple step. After the first step comes the second and then the next and before you know it you are there. Wow, how great does that feel? Then you can set your sights on the next level and just repeat the process. The secret is lots of 'first steps'



What I am going to do as soon as I have finished this article is take that first step for me. Can I suggest as soon as you finish reading you do the same? Make that phone call, go for that run, practice your singing, start writing your book or whatever? Time is ticking anyway, no matter what you do right now, and soon time will be up and you will look back at your life. It is my greatest hope that you will look back at your life with a smile and a warm heart knowing that you didn't just watch it, you actually lived it – have an amazing week.

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