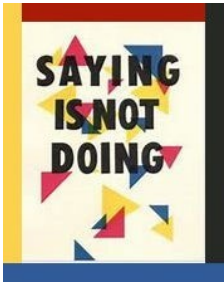


The Power of Doing



Saying is not doing. How many times did you say you would write something today, and life got in the way? Sometimes our actions are contrary to what we say. Taking action may be one of the most challenging activities we undertake. Procrastination seems to want to creep into our DNA when we least expect it. If you want to break the procrastination habit, you need to stay in the moment and focus on the action you should take.

That is the moment you have. Use it to move from saying it to doing it. Starting gets us moving. Make an effort to begin the task. "Inch by Inch Anything is a Cinch" (Robert H. Schuller)

We may need to retrain our mind's activity network* to move us from saying to doing. Taking action is a skill you can learn. When we act on the task of writing, we focus on the desired outcome we want to achieve. Each moment offers the opportunity to experience the accomplishments and challenges writing offers us.

Concentrate on the pleasure you'll experience when you complete the task at hand. Then, take the next step in your action plan. It takes courage to start and move the needle forward. Think about your past successes. Remind yourself of how you felt when you succeeded and reward yourself for your achievement.

Saying is not doing, take action. Make it Happen

Click Image



*Mindfulness is a skill learned through meditation, or other resources, to focus a person's attention on present moment experiences without judgment.

Realize your dream, read [Soar Without Limits](#). [Email](#) us and tell us how we can propel you on your journey.