

Take a Reality Check and Make It Happen

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If you continue to think the way you have thought, you will continue to do the things you have done, if you continue to do the things you have done, you will continue to get the things you have got. If you do things over and over in the same way, can you really expect different results? NO!

So if you don't like the output in your life, change your input into your life. So many people say that they are stuck in a rut and cant get out of it - if you are one of those people, you are absolutely correct. Too much month left at the end of your pay cheque? Living from pay cheque to pay cheque, just waiting for the BIG ONE!? Waiting for your ship to come in..? Most people wait their whole lives for THEIR SHIP to come in, except if you don't know what ship it is, in which direction it is traveling in, and if you are not familiar with the sea, are you really going to be able to identify it?

The ship called opportunity is there but you have to be able to recognize it, embrace it, and direct it. Three actions: see, react, do! Motion causes emotion and emotion causes reaction. Motion also creates friction and the greater the motion the higher the friction.

If you said you are stuck in a rut BUT you can get out of it - you are absolutely correct also. You see bad circumstances become great opportunities if you just change the way you think and the way you react to what is going on around you. You can't change what happens to you in life BUT you can change how you react.

React, do, bring about change, creating motion are all one and the same thing. Of course, deciding to react or do requires you making a choice. Choice has consequences from two points of view: there are consequences for the choices you make and there are consequences for the choices that you don't make. However, the cost of not making a choice is far greater than that of making a choice. So if you know that you are not happy with a present situation in life, why not retrace your steps, identify how you reacted to that particular situation and try tackling it again WITH A DIFFERENT APPROACH?

So many people don't, because of FEAR OF FAILURE. Behind many of the great businessmen of today there are many failed business ventures, bankruptcies and even multiples thereof. So how did they become tycoons? They failed often but more importantly they failed fast. In that they recovered, learnt from the ordeal and tried again. You do not have to be old to be wise. Wisdom is putting what you know into practice. Incidentally, the converse holds also.

If at first you don't succeed try and try again - provided that with every new take, it is a new and improved-upon approach. Practice makes perfect right? Wrong, practice makes habits and that is why bad habits develop and stick.

So you need to get your MIND into the habit of thinking POSITIVE THOUGHTS and understanding the principle of GARBAGE IN GARBAGE OUT. You need to CHOOSE to choose and KNOW what it is that you are choosing (have a VISION). Once you have CHOSEN you need to have DIRECTION. Remember, if you AIM AT NOTHING, you will HIT NOTHING, but if you aim at

something you stand a chance of hitting something. Sometimes the opportunity will be there that you can act upon IMMEDIATELY, sometimes action will reveal the OPPORTUNITY.

DON'T BE SCARED TO FAIL - failure is not you not being able to achieve something. Failure is not trying again. FAIL OFTEN but FAIL QUICK, LEARN from the experience, APPLY what you have learnt and MOVE ON! Remember, the only difference between a Billionaire and a Bum is their thoughts and how they react to them.

Understand that MOTION causes FRICTION. You will face resistance, particularly from those around you, push through, DREAM BIG, MAKE IT HAPPEN.