

STEP 2: TAKING ACTION

Desiring a rewarding and fulfilling life is common to us all. We all want the same things: good health, positive relationships, a fulfilling career, and enough money to live comfortably.

Often we get caught in a mental trap of seeing hugely successful people and thinking they are where they are in life because of some special gift that they have. Anyone with eyes to see will be able to recognise that a hugely rewarding life doesn't come effortlessly. The greatest gift that highly effective people have over those that watch the world go by is their ability to take appropriate action.

There are those that want a life of unlimited prosperity. These are the ones who have dreams of achieving great things, building successful businesses, travelling to interesting places, having the ability to be as generous as they choose to be and meeting extraordinary people.

If you want to enjoy a life like this, it will require taking action. Making a decision is always a great start, but taking action is always the next practical step. This sounds obvious, however, sometimes the obvious is regularly overlooked.

You didn't get to where you are today without taking some kind of action and so it makes sense that if you've got a vision in your mind of where you would like to be in the future - action will be required!

The problem with most people is that even though they have the knowledge to do a particular thing, they lack putting the required action behind that knowledge.

We often hear that 'knowledge is power.' However, knowledge is really just power in reserve. It remains useless if it is not tapped into by applying action. Knowledge that is not put to action will remain just knowledge in your head and provides no benefit. It's completely wasted.

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To accomplish results, we must partner up our knowledge with the necessary and appropriate action to achieve the results that we want.

The formula for achieving results is:

Ability + A Strategy + The desire to get a result = A Result.

If we applied massive action to our knowledge, it would have a faster, and even greater impact on our lives.

Why do most people find it so difficult to put the required action behind their knowledge? I believe it is nothing more than lack of belief.

Our belief system is the driving force behind our behaviours and the results we get in life. If we change our beliefs, we will change our behaviours. When we change our behaviours, we will change our results. Then, when we change our results - we will change our lives!

It all starts with our belief system. A wise man once said, 'If you can believe, all things are possible to him who believes'. This always has been and always will be true.

There are many things that can keep someone from believing. However, it seems the biggest factor that keeps people from believing is fear. It's a fact that it takes courage to succeed. But, let's not forget, that courage isn't the absence of fear - it's the capacity to press on despite the presence of fear.

Usually, the solution to any fear is simply just to do the thing we fear. It's amazing how the fear then disappears!

The smallest of actions (even those that seem insignificant and trivial) can lead to great success. It's been said that 'Actions, like pictures, are worth a thousand words. We could have the best idea and the greatest plan in the world, but without action, we would still fail.'

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However, a modest idea and an incomplete plan will often produce success when accompanied by appropriate action.

We just need to get moving. Sir Isaac Newton's principle that states a 'body at rest tends to remain at rest and a body in motion tends to remain in motion,' certainly applies to the action principle. After we've taken the first step, the next one seems easier to take.

It's a natural law that if we do nothing, nothing will happen; if we take minimal action, results will be minimal; however, if we take massive action, then we will be rewarded with massive results.

Hugely successful people (those who go from mediocre to millions almost overnight) know that the key to their success was taking massive action.

If we want to become hugely successful, we must start at the beginning. Most beginnings are small, and appear insignificant and trivial, but in reality, they are hugely important.

It's not just the right beginning that's important; it's beginning in the first place. It's about applying that powerful little six-letter-word called 'ACTION.'

'Our real problem, then, is not our strength today; it is rather the vital necessity of action today to ensure our strength tomorrow.'

~ Dwight D. Eisenhower

'Doing nothing gets you nothing.' ~ Sean Reichle

'Remember, a real decision is measured by the fact that you've taken new action. If there's no action, you haven't truly decided.'

~ Anthony Robbins

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Answer the seven questions below to boost your motivation and take the first few steps towards fulfilling the decision you've just made:

- 1) What action can I take immediately?

- 2) What specific goal is it that I want to accomplish?

- 3) For what purpose do I want to accomplish this goal?

- 4) If I don't take action now, what might happen in the long term?

- 5) If I do take action now, what will be likely to happen in the long term?

- 6) What steps have I already taken?

- 7) If you were Richard Branson or Donald Trump, what would you do?