

## The N.E.X.T. step

*"All our dreams come true if we have the courage to pursue them." (Walt Disney)*

Last month's newsletter titled 'Enduring Faith' opened with, "It is easy to keep going when things are going well and to your advantage. There is an extra ingredient required to keep going when things appear to be going against you. This extra ingredient, which I refer to as 'enduring faith', helps to develop your character."

With this enduring faith, you must be able to take the relevant and necessary subsequent steps in your pursuit. People sometimes get caught up in the disappointment or the glory of events either in the past or the present. In order to continue in the path of purpose and destiny, you need to be able to take the **next** step. This is certainly one of the ways to overcome rejection and so-called failure, and it lifts you to the next level.

So, what is this N.E.X.T. step?

**N** – Say '*NO*' to quitting or being held back by your present results (good or bad).

Disappointment in any event can mar one's ability to carry on at any stage. An opinion from a family member, colleague, friend, an unknown person, the general public or any material you have read can discourage you from "walking **your** path". For example, as I wrote this piece, I recalled a choice that I had made to honour a particular engagement over another one as a result of a double booking. On my way to this pre-arranged meeting, I received a disappointing cancellation message from the potential client! Needless to say, this made me feel dejected and reluctant to pursue any further step. In a similar way, reeling in the celebration of recent successes could prevent you from taking the follow-on action steps!

**E** – Create an *EXPECTATION* of your next endeavour. Put your ability to dream and think 'outside the box' to work. This is the time to think even more positively with the thought that you are being guided along an honourable path. Get enthusiastic and induce your own joy and happiness. Choose to be happy now by recalling moments that had brought you joy as well as thinking of those future events that will make you happy. Get the emotional feeling of happiness that is usually a

consequence of the attainment of your heart's yearnings, now! Choose to feel and live as if your dreams have already been realised – this is expectation filled with hope!

**X** – Make every effort to *eXcel* in your mind, and you will discover that this has the ability to aid the translation of your expectation into the physical realm. The mind can be put to work in a similar way to how body builders build muscles in training. You can build 'mind muscles' through use. Henry Ford said *“Thinking is the hardest work there is, which is probably the reason why so few engage in it.”* Be challenged and motivated to attain this hard work ethic – join the few people that think to achieve. Go the eXtra mile in your mind.

**T** – What you do *TODAY* will determine your results TOMORROW. Tomorrow will surely come as soon as 'today' goes. If you plan and work in anticipation of your tomorrow, life can be enjoyed and will take you towards the fulfilment of your life's purpose and call. Be prepared to assassinate procrastination so that you can indeed begin to march towards destiny. **Take action today.**

Martin Luther King Jnr said *“Take the first step in faith. You do not have to see the whole staircase, just take the first step.”* Remember to always take the next step! You really can.

Kola Olutimehin BSC FCCA, helps people to induce their dreams and to work towards the achievement of these dreams in their lifetime. He also provides business process re-engineering services to corporations towards the attainment of their corporate goals. A **life and business coach, author, internationally acclaimed inspirational speaker, and investor**, Kola conducts 'Dream and Achieve' workshops and various conferences in addition to key note addresses and bespoke workshops to organisations and individuals.

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