

# NEWSLETTER NOVEMBER 2008

## HOW DO YOU DEAL WITH THE RELUCTANCE TO ACT ON YOUR PLANS?

Many a time, the issue has not been a lack of knowledge for what one wants to achieve... it is sometimes about how one rises up to get the job done! This issue is often referred to as 'procrastination'. Below is an excerpt from my book, Dream and Achieve which addresses this 'ailment'.

"...I will be insincere if I insinuated that I jumped and acted on every opportunity that came my way with enthusiasm. The truth is that I certainly do not! In fact, action on my part has sometimes been carried out very reluctantly. We sometimes become accustomed to our familiar territory (whether good or bad) such that change becomes a major chore. The good news is that usually once I begin, enthusiastic energy follows and helps me to accomplish my goals.

Procrastination is an excuse not to perform. It derives its force from a victor's extinguisher. You need to talk to yourself and say things like "Do it now" several times until you start obeying yourself! This is one of the self-starters that I have learnt from W Clement Stone. It is not unusual to hear me repeat those words to myself in the car loudly and with some emotion, while I think of examples of tasks that I need to get done. The benefit of this procedure is to influence your subconscious mind such that when you are faced with tasks that need to be done, your inner most being will choose to do these immediately, where practicable. You must take steps to do today, those tasks that can be done today, for tomorrow comes with its own set of challenges.

According to Anthony Robbins, "procrastination is the assassination of motivation and goals realisation". This book is about dreaming and inducing faith that will enable you to take the action steps necessary to fulfil your dreams. In order to achieve this, you must 'assassinate' procrastination..."

As you can see from the above, you may not be the only one who is affected by procrastination. I have offered a method by which this victor's extinguisher can be slain, with the excerpt above. [A victor's extinguisher is simply an excuse not to perform, for example, when you say things like; 'no one will support me' or 'I don't have the right qualifications or bank balance'.]

Choose to do that which you have been postponing for days; weeks; months; or even years, by starting now! You have thought about it long enough! Get enthusiastic about your life's direction and call; it infuses energy. **START NOW!**

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