

NEWSLETTER SEPTEMBER 2009

DID YOU GET WHAT YOU HAD HOPED FOR?

There is always a link between your actions and your achievements.

Lately, I had felt disappointed for having not received what I had worked towards and longed for. Rather than blame those involved, I decided to look inwards and re-assess my actions. A rude shock awaited me – I had allowed certain ailing emotions to prevent my acting on some of the things that I had wanted to do. I had postponed action! As soon as I noticed this and did what I had planned, results started to pour in for me.

What new habits have you been intending to create or recreate for a while. You know that if you took action quickly and began to do what you had proposed, you will get the intended results. Is it something to do with a savings plan, or is it an exercise routine that you had always wanted to put in place to aid your fitness levels (or overweight problem)? Have you made that contact or request; or do you fear that the answer might be negative?

When should you begin to do what you had intended? Firstly, you must get away from the “I will start tomorrow” trap – “tomorrow” never seems to maintain a consistent track, even if it shows up. Think about it – how many days or weeks have you been saying

“tomorrow”? Also, once you create a habit of procrastination and you make action dependent on the occurrence of a certain event, it is likely to continue as a pattern. For example, if you said “I will put money aside from my next pay and not this one”, you may find that you are always saying “next pay”! If you must get results, ‘begin now whether you are ready or not’, as Napoleon Hill, my favourite author advised.

I recall a conversation with a good friend who had just attended a whole week of inspirational conference meetings. It was thoroughly enjoyed and she hoped to see miracles happen. My question to my friend was; “Of all the messages that you heard, which one of them have you determined to practice some of the principles learnt habitually?” My friend was unable to respond with any specifics. The truth is that the benefits of these conferences are mainly obtained when some principles are practised. Then, results will manifest.

Begin today what you have proposed – it is the mark of a champion. As John di Lenne said, “Champions do all the time, what others think about doing some of the time.”

Below is an excerpt from my book ‘Dream and Achieve’ which describes ‘Action’.

“Action – This is the proof that you believe in what you set yourself to do. It is the only

antidote to procrastination. It bears the resolve that there is always a way. Conscientious action that is carefully undertaken with purposeful direction yields remarkable benefit.”

You must understand that the actions that are not taken today will be evident in the lack of results that are not achieved tomorrow.

See <http://www.getkola.org/event.html> for some media comments on my book ‘Dream and Achieve’. Order your copy online today from <http://www.trafford.com/08-0066> or from www.amazon.com or www.amazon.co.uk (for worldwide delivery). The book is also available as an e-book via <http://www.trafford.com/08-0066> as well as being carried by most bookshops around the world! The audio book is available as a download at www.annexemusic.com <<http://www.annexemusic.com/>> - select 'Dream and Achieve' from the 'Artists' dropdown menu.

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To obtain a copy of ‘Dream and Achieve, go to <http://www.trafford.com/08-0066> ; www.amazon.com <<http://www.amazon.com/>> or www.amazon.co.uk <<http://www.amazon.co.uk/>>

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