

Don't Accept Things the Way They Are– Instead Take Action

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**By Caterina Rando**

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Joan Didion, an American writer, novelist said The willingness to accept responsibility for one's own life is the source from which self-respect springs.

Often we accept the consensus opinion of the majority as truth. We accept what others say or do as the way things are. We accept things the way they appear to be instead of taking action to make them the way we want them to be. If you think "business is always slow in summer", "My manager never listens to me", "Nobody can find a good apartment fast in this market." These are false ideas you have accepted as truth. If you accept these "false truths" as fact you sabotages you ability to get what you want, you put up invisible roadblocks between you and your goals.

As you move through your life start to notice what "false truths" come out of your mouth. There may have been times when it seemed easier to come up with a "false truth" than create a solution. It may have been easier to say "there are no good jobs out there" than to go out and find one, easier to say "there is no way I could win that photo contest" than to enter. It is easier to say "she won't be interested in my product or service" than to approach your potential prospect. While it might seem easier in the moment to accept "false truths", it doesn't move your life forward. That makes everything harder.

When you make a commitment to not accepting things the way they are and you begin to take action, you knock down the road blocks that have been holding you back you build self respect, self confidence and you create momentum for your life.

Ask yourself what you might be accepting as "it is just the way it is?"

Some years ago I was sitting around a kitchen table one Saturday night with eight of my beautiful, successful, dynamic, single girlfriends. Somebody started complaining about the fact that there's no straight single men in San Francisco, then someone else chimed in and another and another – it turned into a major Kvetching session and I started to get depressed.

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I decided to not accept this "false truth" and instead I took action. I called a friend who was very proactive by nature. We placed a personal ad that said:

### Renaissance Men Wanted

Young, hot, successful, professional women interested in arts, music, politics, culture, looking to meet men for a cocktail party.

We got over 120 voice mail responses. We listened to each of them, weeded out the weirdoes and throw not one cocktail party but, four cocktail parties.

We invited 25 men to each and we recruited some other single women to come. We held the events at a plush Indian restaurant that had the perfect ambiance with bright colored murals and silk bench cushions. We purchased a few trays of appetizers and everyone bought their own drinks.

Being a seasoned networker I created this great "Getting to Know You Game" to facilitate mingling.

Everyone had a great time and I had more dates in the months that followed than I had, had in my whole proceeding life. I dated Joe, the tri-athlete psychiatrist with the ponytail, Marcus the tall and lean international photographer with thick rimmed glasses and huge motorcycle, Brian the pinup paramedic with a passion for opera and Michael the very cultured fireman with whom I shared an interest in exploring ethnic restaurants and my still very special friend Paul the Magnificent a sultry magician who eats fire, lays on nail beds, walks on glass and can dance your shoes right off.

At one of the cocktail parties, my cousin Kristi met a man named Robert. She had a "false truth" to disprove. She had accepted that asking men out never produced any long term benefit. Once I tracked down his number and persuaded, her to call him, she asked him out. They are now married with two children. Kristi has learned the value of not accepting things the way they are and instead taking action to make them the way you want them to be.

Besides the romance, the friendships, the fun. So much fun.

The benefit was not buying into a "false truth" that did not support me and what I wanted for myself in my life. Instead of moping and hoping I took action and changed my whole reality. Where are you moping and hoping? Right now ask yourself– have you been moping lately– if so what about? Moping is like struggle, struggle reduces your energy for success. Taking action is far better than moping. If you've been moping about anything decide to stop it, decide to identify and take action to disprove any "false truths" that are interfering with your success.

You are responsible for deciding what is true for you. Take action, to create the truths that will best serve you and watch your self respect and confidence grow. Take action prove to yourself the truths that support you in achieving the success you strive for.

Caterina Rando, MA, MCC, helps people achieve success with ease. She is a success speaker, master certified coach and author of the award winning national best-seller "Learn to Power Think." To find out about her book, free e-zine, free articles and other resources, visit <http://www.caterinar.com>. Caterina can also be reached by email at [cpr@caterinar.com](mailto:cpr@caterinar.com).

## Action Vs. Inaction

By Kerri Salls

Spring is a great antidote to long cold winters. It's the same with action and inaction. Action is a powerful antidote to the stagnation of inactivity. Being creatively alive involves abandoning a position of inaction in circumstances which have traditionally immobilized you. The name of the game is action. Doing. Overcoming your inertia and acting will give you a whole new lease on being creatively alive.

Action is the single most effective antidote to depression, anxiety, stress, fear, worry, guilt, and of course, immobility. It is virtually impossible to be depressed and active at the same time. Even if you wanted to, it is difficult to keep on moping, complaining, lolling around and wallowing in self-pity if you get active and do something. Anything! Just doing is such an important part of being a fully functioning person.

In fact, that lack of action is not a result of depression; it is the cause. Don't be paralyzed by the fear of making a mistake. Taking action, gives you momentum. Initiating the effort attracts opportunities and synergistic things happen.

Inactivity, on one hand, is most often a choice rather than an inescapable fact of life, while action is a definite way to avoid being victimized by yourself or others. If you decide to do something about your problem or challenge, rather than grumble about it, you'll be on the road to changing things around for yourself. When you take action, you also take control. Thinking keeps you a prisoner of the past. Action puts you in control of the future.

If you find yourself asking, "Yes, but what can I do" the answer is very, very simple. Anything is a lot more effective than nothing.

This old proverb has a lot of truth in it: Even when you are on the right track, you'll get run over if you just sit there.

Kerri Salls, MBA runs a virtual business school to train, consult and coach small business CEO's and entrepreneurs in 10 key strategies to make more profit in less time. Learn more at

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