

Seeking Success? Start Now!

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**Seeking Success? Start Now!**

**By Ronnie Nijmeh**

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Have you wanted to accomplish something for a long time but have had trouble starting? Was it because you didn't know what to do? Or maybe you weren't "in the mood"? Or perhaps you told yourself, "not today, maybe tomorrow." Well, you're failing yourself and let me tell you why.

We all love to use excuses to justify our behavior. "I'm too tired...I'm busy...I don't have enough time," or the best of them all, "I just can't!" If we stood back and took a good look at ourselves then we'd understand the true barrier to beginning a new venture. Perhaps we're afraid of change or we're afraid to start something totally new or we're simply lazy.

"It isn't a goal unless you're willing to embrace it."

Embrace your goal. Make it a part of you. Every few hours remind yourself what all of your effort is for. Set your target outcome as your desktop background. Do something so that your objective is constantly visible and identifiable. If you don't understand your goal or don't think it's attainable, you won't start and won't be willing to put the effort necessary to achieve success. It isn't a goal unless you're willing to embrace it, so adjust your goal so that it motivates and excites you.

**Push Yourself. Hard!**

If you say: "I don't feel like it..." or "not now, I feel like watching TV instead" then you need to think hard about your behavior. You can't achieve your goals and become successful if you don't take the initiative and set the first step in the sand. You may need to make sacrifices and you'll definitely need a push every once and a while, but that shows the importance of taking your first step immediately. If you push yourself from day one, you'll be more likely to continue the effort in the future!

**Take Your First Steps Immediately**

Start now. Not tomorrow. Not next week. Now. Take the first leap immediately to begin your project. Whether that project be the formidable task of losing weight, starting a business, or simply meeting

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with friends that you haven't seen in a while. Take action now. Begin exercising and eating less now or set an appointment with your Doctor to discuss a weight loss plan. Do research for your new business or commit to a daily log of business ideas for future ventures. Call your friends to set a time and date to meet. Whatever your ultimate goal is, take action while it's still fresh in your mind.

Once you get started on a task, it's harder and harder to drop it — even if it's small baby steps! If you reach stumbling blocks, run through possible solutions immediately. If you can't figure out a reasonable solution, book time with someone who can help. Waiting days or weeks to resolve a technical issue doesn't provide you with the momentum nor the mindset to accomplish your goal.

It's much easier to stop than start up again. If you never come to a complete stop, you'll never quite lose momentum. You'll always be moving.

So the question is, what have you done today to get closer to your goal? What are you doing now to begin, or restart a project that's close to your heart? Work out the kinks as you go. Whatever you do, Start now!

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### **Talking to yourself...Why Not?**

**By Tyler McKinna**

Talking to yourself? Why not?

I don't mean walking around all day talking out loud to yourself about random thoughts, that is what gives the term "talking to yourself" a bad rap! Not to mention that people might think that you have a mental illness.

I will demonstrate that "talking to yourself" is not always a bad thing and is an important step in the development of communication skills.

Communicating for success is basically utilizing the tools that are available to us to achieve what it is that we are searching for.

In order to actually achieve success, we must first determine what success means for us. Success itself is a general term and does mean different things to different people. In fact, it can mean different things to the same person! We have all heard success stories and success quotes, but what is the definition of success?

We will use the following example to demonstrate the the definition of success can and is different for everyone.

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For instance; Johnny wants to be successful at saving money so he gets a paper route and is able to save \$40.00 each month. Johnny's dad also wants to be successful at saving money, but for Johnny's dad, he does not see \$40.00 a month as successful.

I concede that the above example is all too simplistic, but it easily identifies that what might be the definition of success for one person, is not considered a success by another. It is for this reason that it is essential that we establish what success means to us before we can achieve success. How can we get what we want if we don't even know what it is that we are seeking?

Think of it as Christmas shopping for someone you have never met. What do you naturally do? Well, most people ask someone who knows the person to give them some ideas of what the person might want. Most people would agree that asking good questions is a successful method of finding out what other people want.

Why not use this same approach in finding out how "you can be successful"? Why not ask yourself what it is that you want?

Identifying what you want in life is an important first step on your journey to becoming successful in whatever it is that you choose to accomplish.

Tyler McKinna is a Marketing and Communications Consultant. More great articles from Tyler McKinna can be found at [talksucces.blogspot.com](http://talksucces.blogspot.com)



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