What it Takes To Make “IT” Happen

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Three questions to answer before getting started:

What do I want?

Do I REALLY want it (or is it just fun to talk about)?

Do I want it enough to make it happen?  
  
“It is not enough to be busy. So are the ants. The question is: what are we busy about?” writer Henry David Thoreau

Definition of should: aught to

- expresses duty or obligation

- an opinion, thought or belief

- used to give advice – to self or others

- expresses a probably

- looks to a longer-term interest

Definition of want: something you would like to have

Definition of need- something you have to have

Why people stop short of reaching their objective:

- Their goals are vague.

- They forget how their goal is relevant so they don’t persevere when the going gets

tough.

- They practice procrastination

- They don’t want to take responsibility when things go wrong.

- They listen to people who discourage them.

- They start too many projects.

- They are negative.

- They think life is about them.

- They surround themselves with people who do not reach their goals.

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| *goes to her doctor about her*   |  |  | | --- | --- | |  |  | |

11 Practical Ways To Stop Procrastination by Celestine Chua

1. Break your work into little steps.
2. Change your environment.
3. Create a detailed timeline with specific deadlines.
4. Eliminate your procrastination pit-stops
5. Hang out with people who inspire you to take action.
6. Get a buddy.
7. Tell others about your goal.
8. Seek out someone who has already achieved the outcome.
9. Re-clarify your goals.
10. Stop over-complicating things.
11. Get a grip and just do it.

FOUR specific questions before implementing an action plan:

What do I want?

Do I REALLY want it?

Do I want it enough to make it happen?

Am I willing to establish a plan of action including time frames?

Three specific groups of obstacles to overcome:

-External Obstacles--outside our control such as the economy, natural disasters,

physical limitations

-Internal Obstacles—time available, skills, talent

-Habitual Obstacles-- reflect how we get in our own way.

Three things that would describe you (dominant hand/writing hand)

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Three more things that would describe you (non-dominant hand/non-writing hand)

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Be a creative problem solver:

- Look at the situation from different points of view.

- Stay open to possibilities.

- Listen to your “gut.”

- Be bold.

Establish a specific method for creating an action plan for achieving intended results:

l) Define the problem

2) Brainstorm

3) Develop a plan of action-keeping priorities as priorities

4) Implement and stay flexible:

Watch for pitfalls.

-coming up with the right answer for the wrong problem

-making a decision on a problem at the wrong time

-making decisions that do not result in action.

-treating imprecise data with precision

-making a decision without a way to implement it or control the consequences of its

adoption

Your success is driven by your mindset. Be prepared to succeed. adapted from 7 Challenges Successful People Overcome by Travis Bradberry.

1.Don’t let age define you.

2.Take people’s opinions with a grain of salt.

3.Avoid toxic people. (Successfully people believe in a simple notion: we are the average of the five people we spend the most time with.)

4.Fear is a lingering emotion fueled by our imagination. Danger is real. Fear is a choice.

5.Pitch negativity. Instead of complaining about how things could have been or should have been, reflect on all you have to be grateful for. Find the best solution available. Tackle the problem. Move on.

6.Focus on living in the present moment. Embrace the reality (good or bad) of this very moment. To do so l) make peace with the past and 2) accept the uncertainty of the future. Worry has no place in the here and now.

7.Focus your effort on doing what you can every single day to improve your life and the world around you. These small steps are all it takes to make the world a better place.

If you believe in what you want to make happen…be realistic but don’t give up.