

Start

Start. It is the first step. It is the beginning. Starting is the hardest and, once done, makes us wonder why we were so hesitant. Yes, start. Take the first step. We need not know all the steps, twists, and turns. We need only to start and take one step at a time.

When we take a step, we then see the next step, the next options, the next opportunities, and the next challenges. If we do nothing, we are still moving and stepping with what hits us. Why not step forward into your power? In stepping forward, at least there are new and exciting challenges, opportunities, and successes. Doing the same thing all the time can get very tiring.

Sure, we are busy, and time is at a premium. However, if it is truly of value to us, we can find the time to start. We all have 24 hours, and we can choose how it is spent. We already choose how it is spent and pay the consequences of our choices.

Nothing gets done without starting. Nothing happens until someone starts. Rather than always wanting the other person to do it, why don't you do it? Isn't it your turn to start?

What should you start? What is holding you back? Is it:

time

money

education

skills

knowledge

physical ability

mental ability (am I smart enough?)

overwhelmed (size and scope of the project)

FEAR

FEAR of failure

FEAR of what others will think or say

In facing the problem, we find the solution. The answer or the solution is in the problem itself. Is it one of the above that is holding you back? If so, what is the answer? For example, if it is:

Time - You can reallocate some time, and you can stretch out the project to fit the time that you can spare;

Money - There are many solutions to a lack of money: Savings, reallocate current budget, borrow the money, find an investor, or work to earn it.

Education - Decide to take a course, read a book, find someone who has the knowledge to enlighten you.

The solution is in the question. If we truly want to start, we can find the solution in the problem. There is always an answer. The answer involves choices. Sure, you might consider them obstacles, but they are also choices and opportunities.

If it is worth doing, it is worth starting, and it is worth the effort. You can and will find a way once you commit to the value of it. Rest in the value and the purpose of it, and you will find the solution and the motivation to start. You'll be glad you did.

Want to discuss the issues holding you back? Contact Russell Shippee at rshippee@bethebestyoucanbe.net.