

Take Action Today

Written by Lillian Chebosi
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"Most big, deeply satisfying accomplishments in life take at least five years to achieve. This can include building a business, cultivating a loving relationship, writing a book, getting in the best shape of your life, raising a family, and more.

Five years is a long time. It is much slower than most of us would like. If you accept the reality of slow progress, you have every reason to take action today. If you resist the reality of slow progress, five years from now you'll simply be five years older and still looking for a shortcut." James Clear.

This is so true. Big accomplishments in life do indeed take time. But it takes more than time. It takes consistent pursuit of a goal over time. One of my pursuits for the past decade or so has been staying in shape. To do that, I have consistently worked out five days a week irrespective of whether I feel like it or not.

Something my boss of long ago once said to me has stuck with me even since. I had just started my career and was contemplating starting my masters degree. He said "Time will pass whether or not you do something". It hit me at that point that the year will come and go if I go to school, and the year will come and go if don't go to school.

The mornings I don't feel like getting out of bed to get on with my morning routines, I ask myself, "How will I feel 2-3 hours down the line when I finally get out of bed too late for my morning routines?" The mornings I don't feel like going for my walk, I tell myself, "Thirty minutes will be over in no time. I might as well have done my walk by then."

Take action today if you want more than just the passage of time out of your life. It may not look like you are getting anywhere, but you are. Every daily action is getting you closer to your grand accomplishments. Keep going. Keep showing up.

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For His Glory,

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