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WITHERS

Successful People
TAKE ACTION

HOW TO TAKE ACTION TO SECURE SUCCESS IN LIFE

We've all been there, looking at those successful people who have really achieved in life and wondering how they got there. CEOs, tech entrepreneurs, even that actress in the new film you love – they've all followed a path to success. There is a fair amount of hard work involved, and normally a healthy dash of luck.

But there is also one major ingredient that separates the haves from the have nots, the high-achievers from those who are still waiting for their lives to begin – they take action.

Yes, these people are the doers in life, the ones that don't wait around for an opportunity to present itself but go out there and give it a go, they follow that old refrain about making your own opportunities.

SUCCESSFUL PEOPLE TAKE ACTION

Steve Jobs is famously quoted as saying: *"The people who are crazy enough to think they can change the world are the ones who do."*

So far so simple. But how does this idea of taking action actually work? And how can we integrate the idea into our own lives? Whether in your personal or professional life, setting goals and actively taking steps to achieve them can do wonders for your confidence. So why don't we all do it?

One thing that is ingrained in most people is a fear of failure, there are consequences to our actions. But with entrepreneurial people, those ones who go out and make changes for themselves, they see the risk and take it anyway. If they fail, they get up and try again.

HOW TO START TAKING ACTION

The idea of pushing forwards and taking risks no matter the consequences is not something that comes naturally to many of us. But that isn't to say we don't deserve success.

There are ways to employ the tricks of those proactive types in a way that helps you move forward at your own pace, all it takes is putting a plan in place.

1 TAKE OWNERSHIP

If we're honest with ourselves, we all know that sometimes we don't take complete ownership of the tasks and responsibilities we face. That's OK. The important thing is to take a moment, be honest with ourselves and maybe see where we're not reaching our full potential.

It may be that you promise yourself to go for a promotion, or as simple as saying you will go to the gym, but then always finding an excuse not to pursue that goal. But there is always a valid reason why. Maybe we're not working harder because we're so tired at the end of the day we don't want any more screen time. Maybe we don't go to the gym because it's easier to put it off and concentrate on making dinner for the whole family.

These are valid reasons and nothing to be ashamed of, but we need to recognise them before we can decide on a way to take action.

2 SET GOALS

Now that we have taken stock of our lives, we can set some achievable goals. They say Bill Gates reads 50 books a year to keep his mind active. But there is no point setting that goal if you know you have a family to look after, a job to do and you're struggling to even make it to the gym.

So let's be realistic with ourselves. Setting goals is about giving yourself something achievable to aim for. It's not there to make you feel worse, but better. Take it slow and set yourself something manageable. If your goal is to work out once a week and do a hours' work a week towards a promotion, above and beyond your job description, that is absolutely fine. Choose the goal that is right for you.

3 AVOID PROCRASTINATION

We've all been there, that Netflix series is calling just as you should be sitting down to work on your necessary steps of action, or just as you're about to go out and network to further your career, the children say they want you to stay in and help with their homework.

While it is of course important to have relaxation time and quality time with your family, you can't use them as a reason not to move forward with your plan. Don't let yourself be overwhelmed by the steps you are taking, embrace the opportunity you have and you never know, you may even go out and enjoy yourself.

4 DON'T QUIT

We've all made those plans in a fit of proactivity and then tried to slink out of them a few days later. Don't do it. You absolutely deserve all the success in life you want, but you have to commit. Whether you want to lose weight, join a group to help with your self-confidence or go after that promotion, there is nobody that deserves it more than you, so stick with it and soon you will be enjoying the benefits and wondering what you were ever worried about. If you're not sure, remember that even the best business people in the world fake it until they make it, they've all walked into the room and wondered if they're worthy. They just accepted that feeling and did it anyway.

5 INSPIRE YOURSELF

This is not the nightmare you imagine it to be. When you set out all these plans it can be easy to convince yourself that you can't do it or don't deserve the success that comes with positive action. But this is actually when you should be excited. You are on the cusp of something great.

You have already taken the difficult step of making a plan and deciding to go after something you want, now all you have to do is follow that plan and enjoy the consequences.

Whether you want to lose weight, make more friends, become fitter or move into a new area of your career, it takes a positive mental attitude. Talk to yourself in a positive way: "Today I am going to achieve something, I am successful". It's amazing how far a positive outlook can go towards making you believe in yourself and achieve your goals.

6 YOU HAVE IT WITHIN YOU

Sometimes it can feel like everyone is doing better at life than you are. That you are the only person experiencing self-doubt or questioning whether you can really do everything you set out to achieve. The trick of successful people is to acknowledge these feelings of fear and do it anyway. You may be hesitant, you may doubt, but push forward. The only thing that is certain is that if you don't try you'll never make that change. So, take a chance on yourself and believe in your abilities. You deserve as much success in life as anyone else, all you have to do is go out and make those opportunities for yourself.



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