

“WHEN YOU HAVE TO MAKE A CHOICE AND DON'T MAKE IT, THAT IS IN ITSELF A CHOICE.” -WILLIAM JAMES

WHAT DO YOU NEED TO GIVE UP—RESIGN FROM, CONCLUDE, LET GO—BEFORE YOU CONTINUE ON?

WHEN WILL YOU SCHEDULE AND SET ASIDE TIME FOR QUIETLY PONDERING AND DAY-DREAMING?

WHO ARE YOU WITH AND WHAT YOU ARE DOING, WHEN YOU FEEL THE MOST ENERGIZED AND CONTENT (MIND, BODY, SPIRIT)? INVEST IN THE DETAILS OF THAT ENERGY.

WHO ARE YOU WITH AND WHAT ARE YOU DOING, WHEN YOU FEEL THE MOST DRAINED (MIND, BODY, SPIRIT)?

UNLESS YOU HAVE SPECIFIC REASONS AS TO WHY YOU MUST ALLOW THIS, BEGIN TO RESIST IT—WITHOUT APOLOGY (OR EXPLANATION). WHAT DO YOU NEED TO GIVE UP—RESIGN FROM, CONCLUDE, LET GO—BEFORE YOU CONTINUE?

WHAT WOULD HELP YOU ACCOMPLISH THIS? WHAT ARE OBSTACLES OF GETTING STARTED?

ACCOMPLISHING CHANGE INVOLVES A SERIES OF ACTIONS AND BABY STEPS OF RESOLVE. COMING TO FRUITION ONLY AFTER TAKING AIM, AND HAVING A “FIXED [GAZE] ON A GOAL ... ONE WHICH SOMETIMES SEEMED IMPOSSIBLE” (ORISON SWETT MARDEN).

