

How to be Proactive (Part II)

- By Yamini

Once we have unlearned – the ground is now fertile and we can sow the fresh seeds of change. We will come to the propelling stage now

The propelling stage:

1 Remember the choice is yours:

- Even in the worst of situations there is always a choice
 - We often hear – I can't do anything else, I don't have a choice
 - The truth is we are not looking at the options because either they are too difficult to follow or because we don't want to take the responsibility
- Don't let situations carve your path for you
 - It is always easy to ignore the choices and put it on the situation

2 Make a decision:

- We mostly avoid making the decision in the first place
 - Making a decision always means loading our self with some work.
 - Making a decision means gearing up for action
 - Making a decision means we will either do a job or will fail at it
- When we make decisions we become answerable to our self
 - Its easy to make excuses to others but not to our self

3 Take the first step:

- Thinking about what we want to do always gives us a surge of fresh positive energy and an enthusiasm to work for it
- The important thing is to tap this energy and convert it into positive action
- Delaying action may actually mean you never do things it at all
- 'A job well begun is a job half done'

4 The Middle Overs : Sustenance is the key

- What keeps us going?

- The initial interest and enthusiasm will only last for some time
- Soon the difficulty may make you feel like leaving
- Sustenance now becomes the key to winning
- Sustenance calls for a prior commitment (very important)
 - You will re-evaluate: was the goal actually worth it?
 - There will be negative energy this time around after facing the problems
 - This is the crucial phase – if you quit now it will be extremely difficult to start all over again.
 - The unfortunate thing is a lot of people actually come to this stage and give up

5 Self motivate -The power is within you:

- Overcome negative energy
 - Think back of the time you had just begun what had made you so enthusiastic
 - Think of the goal you wish to achieve – it is not as far as it was at the time you just began
 - You have already put the effort – you have to just pull through now
 - Success is just round the corner – try to visualise it
- Have belief in your- self
 - You always knew you CAN DO anything if you only try hard enough
 - Why not try to do it then!

6 Winning with a flair - You deserve it!

- If you have lasted you will win
 - Nothing can stop you from winning
 - Why else do you think it is said that winning is a habit!
- This experience will make you win a lot of other things too
 - Is it so simple then?
 - Just try it and see it for yourself!

Wishing you all the best to master proactive behaviour!