



How to Get Yourself to Take Action

How do you find the strength to keep doing what you know you need to do day after day after day after day? How do you get yourself to consistently do what you know you need to be doing?

Like anything else, it's all a mental game. And the best way to win a mental battle is by using everything in your arsenal at once. To do a variety of things to get you to perform like you know you should. Successful people use all of the following techniques...

- 1 - Constantly focus on the dream. Focus on what drives you to take action.
- 2 - Write your goals down and read them daily.
- 3 - Constantly visualize how great it will feel when you reach your goal (to get your desire for gain working for you).
- 4 - Use positive affirmations whenever a negative thought enters your mind.
- 5 - Share your goal with people who support you to build pressure.
- 6 - Find a coach or accountability partner who will hold your feet to the fire and get you to do what you won't do on your own.

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You need to fight it on all fronts. Develop the habit of controlling your thoughts or else your thoughts will control you.

Put it into action:

Make a decision that you will do whatever it takes to get yourself to take consistent and persistent action towards your dreams and goals. In success, action is where the rubber meets the road. Find a coach or mentor who will push you to be your best.

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