

So, You Want to Start a Business?

Written by Jamie Wolf

Tuesday, 13 August 2013 15:47 - Last Updated Wednesday, 14 August 2013 08:04



Listen to Your Own Lecture!

Practice Balance, Part 4 of 6

"Having direction and going after something – going toward that which gives you purpose is the way – otherwise your life becomes avoiding trouble and there is no strength in that." ~ Joan Erikson

On that note, growth can be hard, change might be unwelcome, and as we move outside our normal routine and comfort zone there may be a tendency to become stuck in perpetual learning mode. After awhile, however, you or someone close to you needs to say, "Enough! You don't need any more new information!" There comes a point where you must balance the desire to acquire tools and skills that make you feel relevant, informed and current with the confidence that you know enough and it's time for action. Listen to your own lecture and just put something into play! You can only watch so many YouTube videos on how to ride a bike. Sooner or later you have to get on and let your own voice remind you how to stay upright. With practice, you won't have to think so hard, you'll just do. That's the day you know you've achieved mastery and you will feel the strength in that!

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"A good life is like a weaving. Energy is created in the tension. The struggle, the pull and tug are everything." ~ Joan Erikson

My reward to myself, for taking action – for struggling, pulling, and tugging - rather than signing up for the next lecture or course, is diving into a new book. I seek out stories of people who have lived to tell the tale, as it were. Discovering authors who are new to me is such a treat and in my excitement I tend to bombard my friends with my latest discoveries! Here then, friends, are two books from which I hope you derive inspiration as you work towards an energy-filled life of purpose!

A Year by the Sea by Joan Anderson – "I ran away to get rid of the clutter in my life and listen to what my heart was trying to tell me."

The First 20 Hours by Josh Kaufman – A book about rapid skill acquisition or how to learn anything fast!

I realize 'summer reads' are often lighter but then again, summer is waning so substance is OK, right?

Much like my column is changing titles, seasons and circumstances are changing. The speed with which the months are passing reminds me of two things. One, I have (some unknown amount) less than 500 months left to learn, to put into practice what I've learned, and to use my acquired knowledge to help others and make a difference. Two, the only way I can use my time well is to develop myself fully. I cannot constructively and productively alter my business, my health, my family's welfare, or that of my community without first adapting to change, pushing myself to grow, and gratefully, passionately embracing each day with the intent to really and truly live! I'm discovering that there is a real pattern to this process.

How can you make the most of each day, each month, and each quarter before it gets away from you? Follow this pattern!

Plan. Do. Review. Adjust. Repeat.

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Have a daily plan, a monthly plan, and a quarterly plan. Plan it and then work it. After a point, don't go to any more lectures. Follow your own voice, execute, implement, DO! And then take a look at what worked and what didn't. Keep honing your focus. Adjust your plan. Now get going! Growth is an iterative process. Experience it with all your senses. The best teacher may be you but you won't know that until you get busy doing, reviewing, and refining. Above all, give yourself permission to be a creator, a true artist in your own life! You will find focus and develop into a strong and masterful you!

"There's a saying that suggests those who work with their hands are laborers; those who work with their hands and heads are craftsmen; and those who work with their hands, heads, and hearts are artists." Joan Erikson

Here's to you and your hands, heads, and hearts as you confidently listen to your own lecture and move through your 'do over' towards a purpose-filled life!

Beaufort resident Jamie Wolf is the author of "Start Over! Start Now! Ten Keys to Success in Business and Life" available on Amazon with 10 accompanying guidebooks. She has started over a number of times and now focuses on helping people who are ready to Start Over with their health

and wealth through getting fit, feeling fabulous, and becoming financially free. She can be reached at jamie.wolf@thestartover.com