



## First Steps In Personal Development

This is an outtake from the Kick Start Personal Development & Coaching Program.

**“Truthfully I believe the difference between a life of success or of disappointment is not our abilities or our ideas, no it’s the courage to take the first step, to accept responsibility for our actions and learn from our failures” - - Tony Nutley**

Ask yourself the following questions;

What do I want?

Can you answer this question?... I mean really answer it, can you write down exactly what you want in life, is there a plan, for the next year, the next two years or five years? If you are not planning your life, then the guarantee is this; you are living and working hard on someone else’s plan. Is that what you want? Is that your success?

How do I define Success?

What does success mean to you? More money, more happiness, more health, better job, being a better lover just what does success mean to you? If you have difficulty defining just what success is, then the hard truth is you will never attain real success

Ok, so now what I hear you say, do this, decide for yourself what success or life plan you want. Write it down. Come back to it in a day or so; is this want you really want? Often we change our mind on reflection so be sure this is what you want. Remember this is ‘YOUR SUCCESS’ not what other people say or suggest success is. Success is not thinking I want to be David Beckham or some other celebrity. That’s their success, what’s yours. If success in your mind is being just like “whoever” then prepare yourself for disappointment.

Success is also not just a single goal; it is a journey that marks off ‘successes’ in turn as you achieve each step along the way to your planned and unfolding future.

Success is an emotion; plan your journey to include as much of that emotion as possible, with each successful step experience and enjoy the emotion, use this as energy to move you even further along your path.

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Remember, take a little time to decide your plan, set powerful outcomes, see yourself taking the journey and notice the evidence with each successful step. Most of all take action make the first step NOW. Make a call; tell someone that you are going to be calling him or her in a few days to tell him or her some news about you and your future.

Remember; ‘there is no failure, just feedback’ listen, notice and continue to take action. Action is key; wishing is passive in the extreme. Tack action; make the first step.

This I can guarantee;

I can guarantee that there will be change in your future, this is a given. What I cannot guarantee is that this change will be for the better, that it will bring happiness. Yes I guarantee change, only you can guarantee that this change will be good, and you can only do this if you get in the driving seat and take control, become effective, don’t just be affected by other people’s plans.

### **Have your own!**

Remember; decide what you want, see this future, make it bigger, brighter, see yourself enjoying the success, now ask, what’s the first step? . . . take it.

Success is neither magical nor mysterious. Success is the natural consequence of consistently applying basic fundamentals. Notice what’s working, keep your eye on the goal. Keep changing your approach until you find the strategy that works.

Some things you have to do every day. Eating seven apples on Saturday night instead of one a day just isn’t going to get the job done.

Success is nothing more than a few simple disciplines, practiced every day; while failure is simply a few errors in judgment, repeated every day. It is the accumulative weight of our disciplines and our judgments that leads us to either fortune or failure. Make sure you are on the road to success; regularly check out the evidence that is in your life.

**“Let a person radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life.” -- James Allen**

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