



The Every-Day Magic of Small Steps

by Dr Philip E Humbert

One of the great tragedies is to carry a dream and never take action to make it come true. To die with your dreams and aspirations still inside you, waiting for another time, another day, or a 'big break' is the greatest of failures. Do not let that happen! Do not wait 'until'!

Literally every thing you see and every tool you use, even the chair you're sitting on, began as nothing but a thought. Someone had an idea for a chair. Henry Ford had an idea that cars could be in every garage. Your computer began as an idea and a series of huge, crude devices in the 1940's. The actual computer you are looking at right now began as someone's idea that they could manufacture and sell computers better, faster and cheaper than anyone else.

Everything starts with an idea. It always has, and always will.

Many people have observed that 'ideas are things'. Thoughts and words have the power to move us, to change us, and to become living, breathing, tangible things! In a sense, our world is made up of nothing but thoughts and words!

But there is a gulf between an idea and its fulfilment.

Most 'things' are actually still-born and never come to fruition because we fail to span the gulf between potential and reality. That gap can only be bridged with daily action.

Have you ever thought of an invention or process that could be worth a fortune, done nothing about it, and then found that same (or a similar) product for sale a few months later? We've all had that experience. Someone got rich off 'your' idea and the difference is that they took specific, concrete, focused ACTION. Their product is in the store, for sale, making them money, and your idea is still..... a dream.

Here are some basics, some essentials to make your dreams come true:

1. Plan your days. Every evening, plan the following day. First thing in the morning, plot your strategy. Leaders have always done this! This is not new! But only about 4% of the population does it. Write down your priorities and choose your daily actions.

2. Keep a list of big things. On your desk, or on your bathroom mirror, keep a list of your most important projects, goals and commitments. Keep it where you see it, and read it, every day. Keep it current. What we think about, gets done.

3. Keep a list of small things. Keep a list of 5-minute tasks, phone calls or notes that you can do any place, any time. When you wait for an appointment, make that call. When you have a minute, send a note or read a few pages. Always know 'what's next' and take action, every single day.

4. Take magnificent care of yourself! Healthy, happy, energetic people get the most done. It takes time and energy to achieve greatness. If you 'don't have time', or are 'too tired' or too distracted or too anything, you will not achieve your dreams. Take care of yourself.

We've all heard the phrase, 'Rome wasn't built in a day.' We know that 'a journey of a thousand miles starts with a single step', and we've heard the Serenity Prayer that begins, 'Give me the courage to change the things I can.'

You cannot achieve great things over-night because in general, human beings do not do 'big' things. We do little things. We get up, we go to work. We hug our loved ones, we make phone calls. We balance the cheque book, exercise and fix dinner. We do little things! Highly successful people simply do the right little things, at the right time, in the right way, and they do lots of them.

If you would achieve great things, do little things and pile them one on top of another, until you reach the stars.

If you liked this article there is a link to Dr Humbert's website under Helpful Links in our Resource section.

"You don't have to be great to get started. But you have to get started to be great."

Les Brown