

"Doing The Right Thing"

By Joann Javons

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Doing The Right Thing

The other day I was driving on the maddening Los Angeles freeway and all of a sudden my attention was diverted to the warm, inviting voice on my car radio. The speaker, a radio talk show host, was delivering words of wisdom expressed by ancient philosophers; William James, the father of psychology; and modern motivational speakers.

But this talk show host said it differently and that's what I'd like to share with you. The words he said are:

"Action precedes the heart"

He was talking about doing the right thing even when you don't feel like it. If you know something is the right thing, then you have a responsibility to do it. Even when you don't feel like it.

His words made me reflect on how often I do the right thing. Or not.

I'm not just talking about doing the right thing for others but also for yourself. Those things you do for yourself touch others because your life touches others. So, doing the right thing makes a difference. Even when you don't feel like doing it.

Recently, I started taking a hatha yoga class everyday. Yep, that's 7 days a week.

I've done hatha yoga for more than 20 years except for all those times...and there have been many times...that I let other things in life distract me from this incredibly uplifting, energizing, healing form of physical, mental, and spiritual renewal.

Hatha yoga is the one form of movement that does more for me than anything else. Ultimately, it enables me to give to others more fully and completely. Isn't that worth a commitment?

So why do we drop those things that are so vital in our lives?

'Lack of time' you might say. But I know that's an excuse for something that's almost as vital to me as breathing.

I'm not sure that 'why' is really the right question because things DO happen. Sometimes they're even emergencies that require our attention and sometimes they're other priorities that we allow to crowd out something important to us.

It seems to me the right question is: "How do I get back on track as quickly as possible?" I think that is the key: reducing the time it takes you to get back on track. And with no emotional angst about how long you haven't been or why you haven't been doing it. Just do the right thing.

So, here is my question for you:

What is 1 thing you've been putting off doing that would have a tremendous positive impact in your life?

It's the right thing: just do it! Even if you don't feel like it. In a short time, you'll start to see the positive results in your life.

Joann Javons has a passion for helping people release their creative potential. She is the owner of <http://www.peoplepoems.com> and <http://www.private-practice-marketing.com>

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