

Stop - Don't let yourself become discouraged!

By Tony Pitwood

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"Why am I not getting it right?" you ask.
"I've done what I've been told, but things aren't working out the way they should."

Don't let yourself become discouraged.

You are going through a learning curve.

And it takes time.

The one element necessary in every formula -

You cannot bake a cake in half the time by cranking up the heat.
So too the path to success is often a long, hard, arduous one.

But be of good cheer - if you persist, if you endure,
you will win through to the end.

"I feel I've lost my way," you say.
"I don't seem to be making any headway at all."

Don't get disheartened.

Go back to your list of goals.

How often do you review them? and your progress?

"I've been too busy working to do that," you protest.

That's rather like saying you are too busy to pull into the service station to fill up with gas -
so you keep on pushing your car around town! grin

Only a clear picture of what you want is going to keep you going through the hard times.

"I don't know which ones to focus on," you say.

Set just a couple of to-do-today goals.

When you find yourself bogged down and things are not happening for you, go back to basics.

Set just two or three "Things To Do" - not big projects, they could easily be household chores.

But vitally important is it that you set them - and do them!

Do this for seven days, and you will be amazed at the difference it makes to your attitude.

Do it for fourteen days, and you will be delighted with the sense of accomplishment.

Do it for twenty-one days, and it will be a habit.

A good habit.

A very good habit.

And you need to visit the list constantly to fuel your desires!

Do not underestimate the power of strong desire.

It not only carries you through the hard times but also stops you from being distracted from your "goal-path"

"Desire is the key to motivation, but it's the *determination* and *commitment* to an unrelenting pursuit of your goal -- a commitment to excellence -- that will enable you to attain the success you seek." --Mario Andretti

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