

How to Conquer Intimidating Goals

"Oh that would be too hard for me -- I could never learn to do that."

We've all heard these words... you may even have said them yourself. Tackling new skills can feel intimidating. But we only feel intimidated because we overestimate the task and underestimate our own abilities. We aren't confident enough in our natural abilities. Take learning to drive for example.

Today, millions of very mentally un-gifted people got into automobiles and drove them. And most of them had no accident today. So how hard can it be?

Or maybe you're thinking of writing a book. Millions of people every year write books.

Millions more:

- save money
- start businesses
- find jobs
- lose weight
- get into shape
- discover someone to love
- get married
- find a way to attend school
- start new careers

And many other things you may have been thinking are too hard, too complicated, too far beyond you.

The truth is, they're not beyond you at all.

DO THIS:

What have you been holding yourself back from doing? No, you don't have to list EVERYTHING you're putting off. Just take the top one.

First:

Whatever it is, write it down on a piece of paper.

Second:

Now think of somebody who isn't particularly smart, but who is now doing the very thing you want to do.

Been putting off learning to drive? Look at all the idiots on the road who somehow manage to get from here to there without wrecking the countryside.

What about marriage? True, most people botch it completely, but many millions actually do get it right and live in happiness.

Or maybe you're putting off starting your own business. Same thing -- you've met people barely clever enough to get in out of the rain, but they have businesses. And they haven't gone bankrupt -- at least not yet.

Chances are, the one thing you're lacking is not intelligence, nor ability, nor talent. Training is no real stumbling block, either, since people regularly go get the same training you're wanting.

No, you're probably only lacking permission. You're waiting around for somebody to validate you, then pick you up and prove to you that you can do it.

It ain't gonna happen that way. The good news is, it doesn't HAVE to happen that way.

All it takes is just deciding you'll do it. Then just begin.

Several years ago someone told me a great two-step formula for success in any field.

Step one is start; step two is don't stop.

So we come to...

Third:

Make a beginning, no matter how awkward, then just keep moving forward in the direction you want to go.

Honestly, it's just about that simple.

While great intelligence can make things simpler, it can also make things much more difficult if you never learn to use it FOR yourself instead of against.

Please notice that beginnings are almost always awkward. That's okay. Give yourself permission to be a beginner when you begin. And if you feel a compulsion to be perfect, then just be a perfect beginner.

But do keep moving... forward.

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About the Author

Charles Burke says that "luck" doesn't work the way you've always been told. Not even close. Read "The Synchronicity Report" - a free PDF download - <http://www.2-be.com/synchro>