

## **DON'T TRY**

**Don't try. Don't say, "I'LL TRY".**

**To say, "I'll try", means I doubt I can do it, so I'll tell you, "I'll try", and I already have an excuse for my failure. I've given myself a way out.**

**Say, "I'll do it." No escape, no excuse, no turning back. You have to do it. You have to succeed.**

**When you say, "I'll do it", you have set yourself up for success. It's like the sea captain burning the ships at the shore. There is no retreat. One must move forward and succeed.**

**When you tell someone, "I'll try", you are not committed to the project. You doubt you can do it, or you just don't want to do it. It's that simple. You have announced you doubt that you'll meet the goal.**

**"I'll do it." Now, that's a commitment, it's strong and it sets you up to do it, to do what it takes, to get it done. It feels good.**

**Saying, "I'll do it", puts you in a frame of mind to make a plan to do it and to set the timetable as well as making the time in your schedule to do it. It feels good, you feel the progress even before you start the execution.**

**You have a plan, a track to run on. Sure, it'll change, and you'll have to make adjustments. But, it's started, it has a framework, it feels good, and you know what is next. You know the steps and you only have to execute them.**

**It's January 2015, and you may or may not have set your goals. Ideally you have first decided what to eliminate, have gotten rid of clutter, and made time and space for what matters in 2015. If not, do that first.**

**Get rid of the clutter, decide what you no longer want to do and delete it if possible, if not, delegate it, or hire someone to do it. Make time and space.**

**Now, what do you truly want to accomplish in 2015? Make a list. Reduce the list to no more than 10 items.**

**Write the goal, then why it's important, and then the timeline during the year of the steps you will take by what date to accomplish the goal. Block out the time on your schedule as needed.**

**Writing the goal, why it's important, and then putting it in the schedule makes it real and there is a plan to accomplish it. Then, follow the plan. Sure, you'll need to adjust it, but that's OK. Follow the plan and adjust as needed.**

**Read your goals once a day. When you miss a day, and you will, just read them the next day. Be sure you are on track. When you get off track, just adjust to get back on. Don't beat yourself up. Just do the work.**

**Let's face it, we all waste at least an hour a day. Some of us a lot more. If it's important, there is always time.**