

Action is the foundational key to all success.

Pablo Picasso

I wish I would have <fill in blank>. What have you regretted not doing? You might be able to come up with something big that you wish you had done, like gone to Med School, back-packed through Europe, or started a business.

There are always those big life decisions. But what about all the little decisions or actions we take every day that create our success.

Plans are important. But action on your plans is what will lead you to your goal.

This week take a look at what you are not taking action on. Is it time to stop talking about it and start doing it?

You can only take action now.

Put your hand on your heart and say:

I choose to take action and move toward my goals.