IF THE TIME ISN'T RIGHT – START NOW!

GETTING IT DONE SERIES 1

Welcome to the first of our 'Getting it Done!' Videos. I'm really excited about working with you. I know you are excited too so I will get straight into it….

The time will never be just perfect to start. If every successful person waited till the time was right there would be no successful people in this world. If you listen to stories of famous people telling how they got started you will find that it was beyond what they were currently doing, they started with no real knowledge and they were scared as hell!

A lot of the brilliant public speakers I know were not always full of confidence. They would be physically ill back stage, they would have panic attacks on stage, and they would even cancel events due to their nerves.

So if you feel scared this is normal and it won't be going away anytime soon. This is just a feeling of you expanding your knowledge and comfort zone. If you have children you will agree the time is never right to have children. You don't know exactly how to be a parent, you just get in there and do the best you can with some support around you. I can remember learning to drive. I learnt in a manual car. So it was clutch in, accelerator off move gear stick etc. etc. I had no idea what I was doing. Was that the time right – my father probably didn't think so, but after a short time, driving a car became second nature. You don't think too much about it now right?

So let's think about this for a minute; it would be safe for me to say that being a parent or driving a car after a while are now a part of your comfort zone it's no longer something foreign to you. Think about anything new you started and how clumsy you felt at the beginning it is the same for every new thing you start.

So what I want you to do is to not just step outside your comfort zone during the 12wba program but to EXPAND your comfort zone instead. If you just get in and do it soon enough it will become a part of your own comfort zone.

In the next video we will talk about making Realistic Promises