



ACTION ~~WORK~~ PLAY SHEET

(shift your mindset- this isn't "work".

It may be hard but think of it as "play" instead and it will be easier ;0)

OK- if you have gotten this far then you are serious! Most people will say that they are serious about taking the ACTION to shift their lives, but don't actually come to this activity. You + Here= AWESOME! It means you are on your way! Congratulations, my friend, this is a BIG DEAL!

Everyone has a purpose. For some it is Purpose with a big P and for some it is purpose with little p- but everyone has at least one. What is the difference between those that find theirs and those that don't? What allows some people to know for sure what they are meant to do and what hold others back? What is it that makes some successful while others suffer lack?

One small 6 letter word stands between those that live a life of abundance (and I am not just talking about money) and those that merely wish for it.

That word is ACTION.

[**ak**-shuh n]

noun

- 1.the process or state of acting or of being active:
- 2.something done or performed; act; deed.
- 3.an act that one consciously wills and that may be characterized by physical or mental activity
- 4.habitual or usual acts; conduct
- 5.energetic activity
- 6.an exertion of power or force
- 7.effect or influence

Taking ACTION tells the Universe you are ready to move forward. Without action you are all talk (and usually that talk is made up of excuses). If you aren't taking action you are going to stay stuck where are you are. The only way to get unstuck is to take action. And when you don't know what action to take- take ANY!

1. Talk about what you want with other people- all the time. They may have ideas or leads that you didn't even know about. They may have a suggestion that you haven't thought about. Don't be afraid of judgement. They have desires for more as well, they just aren't talking about them. Maybe, your being open will inspire them to tell you their ideas as well. Regardless, talk about it. The Universe is listening. (P.S. Don't forget you have to take action on their suggestions. Call the person they recommended, email that lead they gave you, look into that book they thought could help you. Don't just leave it at talk.
2. Take a class on something that interests you. There are hundreds of classes on everything from music to marketing, needlepoint to nutrition, fashion to farming, writing to wrestling! Most people stop themselves because they are looking for the PERFECT answer, for the RIGHT thing. It isn't going to knock on your door. You have to go out there and find it- and it may take a while to uncover it. Don't be discouraged- just keep going.
3. Pay someone to make you do it. You have been thinking of a book idea forever. You have always wanted to learn an instrument. You have always had an idea for a jewelry/beer/t-shirt line. Hire a coach or a writing teacher or a piano teacher and pay them. They will make you accountable. It's a place to start. It is action. Note: I can help! go to <http://happierbytheminute.com/work-with-stacey/>
4. Ask to apprentice. Have an interest in mechanics/business/health/teaching/building/acting/ fill-in-blank? Find a person doing what you want to do and ask if you can hang out with them for a few days. Ask them how they got started and what it took to get them to where they are. Most people would love to help others with advice and support.
5. Research. Google, Ted talks, books, book reviews, Youtube shows, podcasts, are just a few ways you can dive into subjects that interest you. Keep watching and reading a variety and pay attention to what really excites you. Keep digging into that subject with more talks, books and websites; follow the scent of interest until it leads you to new discoveries. You will be surprised what appears when you take even the smallest action.

If you aren't even sure what interests you enough to take the steps above, then we are here to help. Answer the questions below and you will have taken your first action steps. Congratulations! You are on your way!

I am **INSPIRED** by _____

I am **PROUD** of _____

I get **EXCITED** about _____

I am **HAPPIEST** when _____

I am **GRATEFUL** for _____

I am **AMUSED** by _____

I am **INTERESTED** in _____

I am **INSPIRED** by _____

I take **PRIDE** in _____

I am in **AWE** of _____

I feel **HOPEFUL** when _____

I love **ME** when _____

Still stuck? Time to go here... :0)

<http://happierbytheminute.com/work-with-stacey/>

PLEASE email me stacey@happierbytheminute.com and let me know how this worked for you!

With gratitude...

See you in a minute,

Stacey