

The First Step

A Guide to Getting Out of Your Head and Taking Deliberate Action!!

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Forward

Many people are so in their head about so many different things when it comes to starting something new. The fear, the trembling, and the self-doubt choke their ability to begin.

Even if it's something that they are really, really excited about there's something telling them on the inside they will fail.

Even though failure is part of the process and many of us have heard this time and time again sometimes we can't bring ourselves to start.

In this guide I am going to give 5 keys to understand how to get out of your head and take deliberate action towards your dream, your goal, or your vision.

Key 1 Make a decision 🔑

When you are taking an actual physical step you only lift your foot and began taking that step after you've ***decided*** on your destination. Imagine yourself standing with both feet planted on the ground. Understand this one thing, until there is a destination you will continue to stand there, both feet on the ground not moving and not going anywhere. Now once you imagine a destination or you decide that what you have imagined is where you want to go, the first thing you do is get ready to take your step. In the get ready process you begin to ***shift*** your weight. You shift the weight from both feet and both legs having all of your weight to one foot and one leg. You do this in anticipation of moving forward. In your mind you have already pictured where you are going and you have already pictured yourself arriving there. You have already pictured yourself at that destination! This process of actually taking a step mirrors any step you take towards any goal. Reflect on the two questions below:

1. What is it you MUST decide to do?
2. What do you need to start shifting in your life in order for you to get ready to take a step towards your dream or your goal? Make a list.

Key 2 Decide to Lift Your Leg 

*Now that you have decided what you need to shift in order to **get ready** to step you must be prepared to lift your leg. **Deciding to lift your leg** is the second part of the 5 keys to getting out of your head and taking deliberate action. Action begins in the mind. If in your mind you are not taking action or you have not already completed the action then it will be difficult for you to lift your leg. In order to take your first step. you must move out of a **try mentality** and into a **do mentality** because trying implies you only want to make an attempt but doing implies you are going to complete it. It also implies you are in the process of completing. Raising your leg is part of the initial process of taking a step and it correlates with **doing the work** involved to reach your goal. It implies that you must lift some things and move them around in order to create a pathway for movement. Often we have been standing in a certain position for so long obstacles begin to collect and it blocks our pathway. The lack of forward movement for so long creates the appearance that there is no path or no visible path for progression.*

1. What do you need to lift to make room for your step?

Key 3 Prepare for landing 

After lifting your leg and after you have made room for your first step you must prepare to land your foot in the intended spot. Our steps are only so wide. Every individual has a stride length which is unique from every other human being on the planet. Where that foot lands and how far from the other foot is dependent on you and your personality, your confidence, your boldness, and your commitment to arriving at the destination. Be confident in the fact that when you lift your foot and your foot is in the air and on its way down, the only way that your foot will not land in the intended spot is if you change your mind before your foot lands. In other words, you decide to go in a different direction. Therefore, you must be committed to your destination. Otherwise, the shiny object syndrome will distract you. The S.O.S. is when you are constantly pulled towards every new exciting opportunity that you see. Remember, life moves forward in a series of steps that are consistent with where you are going. if you keep changing the series of steps you change where you end up. You don't just arrive at your destination in one step. It takes more than one step to get to your destination so stop rushing, stop trying to skip steps, and allow yourself to experience everything along the way. The journey is more important than the destination.

1. Are you prepared to put your foot down at the next point?
2. Everything decision has an impact. Write down the impacts of your actions.

Key 4 Don't Give Up During Transition 

Now here you are in a new position, you have taken your first step and you are in between your starting point and your destination. Your step is not completed until you have brought everything from your starting point that is needed at your destination. This place of transition or in between is frightening for many people. It's frightening because you do not have all of the safety and stability of having both feet together and planted. In this position you are fearful that you will not be able to withstand any winds that may blow during that time. You may not even know if you can even make it. Be confident that just like you shifted in order to take your first step you must also shift to complete the next step. In this place of transition where you do not have both feet together you must be committed to the destination. If you are not committed you will be stuck in transition because you chose not to complete your step. Many people die in this place because when they started they were not committed to their destination. Once they saw things coming apart as in your feet separating from each other there was an immediate feeling of isolation or loneliness at having taken the step. You may feel separation anxiety because of moving forward from a place that you had stood comfortably with two feet planted for so long.

1. What do you need to shift in order to bring everything required to the next point?
2. Use the power and momentum of your first step to complete your step.

Key 5 Use Your Momentum 

Now that you have analyzed and discovered what you need to shift in order to bring your other leg forward and you also have made the appropriate decision to bring your bag leg forward, realize that momentum is your friend. In this whole process momentum has been there for you! Use the forward momentum of the first step to bring your next foot forward now you are almost there! Boom, you did it! It is important that you understand that the laws of the universe support stepping forward and moving towards a specific goal or destination. Think about when you put your first foot forward and you leaned your body in and shifted it your weight something miraculous happened. The law of momentum began to kick in and when you exercised the force of breaking through the resistance of gravity, the forward motion almost effortlessly compelled you. Continue to capitalize on that same momentum as you shift your weight forward and bring your foot up and place it next to your other foot. You have now completed your first step congratulations!!!

Next Steps

Congratulation for walking through the 5 keys to understand "The First Step"! Keep this in mind, "life is a series of first steps" which means you will always be taking the the first of many "first steps" as you excel in life. There is always going to be something new to achieve and with that a "first step". Don't look for or expect perfection, but expect to progress. Set goals and priorities those goals with other things in your life and keep taking steps!

As a companion for your journey go to TheClarityDoctor.com and get a copy of The Alignment Journal. This journal assists you with developing a habit and lifestyle of aligning with your destination. This is a powerful concept that helps goals achieve goals consistently. Click now on the link



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