

PROGRESS

DO

Progress and “DO” indicate action. It is the awareness of a plan and the implementation of it. Progress is literally doing something. It doesn’t have to be making great leaps and bounds toward the ultimate goal. Slow and steady wins the race too. Sometimes the baby steps taken at the beginning of the journey turn into leaping bounds once experience is established. It is often true that small changes applied over time net great results.

If we keep happiness and be-ing in sharp focus and our eye on the goal we are striving for we will make progress however big or small. Progress is not often a straight line from Point A to Point B. It is rather a winding path of hills and valleys. When you can’t see the end, the focus you have on happiness and be-ing is what will carry you through. You are stronger than you think, smarter than you know and braver than you feel. Look at how far you have come in your life. Look at the experiences you’ve had. You got through them, all of them...and here you are. If this were your friend, you would be telling them how proud you are of their accomplishments and determination and fortitude. Shouldn’t you be telling yourself the same thing?

Progress and “DO” are not only one path or one way. We are constantly changing ourselves and our circumstances change too. We find better ways to accomplish and perform. We find new and better goals and desires. Progress is merely forward motion towards being true to our happiness and be-ing. And forward motion does sometimes include steps backward but never taking your sharp focus off of Be-ing. It is certainly true that self knowledge is the most important knowledge a person can have. Without it there can be no lasting progress. And do-ing becomes automatic, routine, and robotic. Life becomes just an existence with little emotion. This is where I found myself a short time ago. My whole life needed to be re-evaluated and changes made. That realization caused fear and trepidation in me and threatened to paralyze me. I was so overwhelmed with the magnitude of the changes that I almost decided not to change anything. But once I made the decision and began make the necessary changes, things began to fall into place. I am so thankful I made the changes I did.

Make the change, take the step, the bridge will be there. A plan for progress is what you need and the will and determination to DO it.