

Get Up

OK, the economy, the unemployment, the slowing and stopping sales of everything, has knocked us all down. Yes, everyone is affected, regardless of whether they admit it or not.

So, we are all suffering, hurt, or restricted to some extent. Even those with an income that stays the same feel it psychologically. It is in the air and in our beings.

So, what can we do? We are only one person, and the problem is so big, worldwide, and so overpowering to us, just one person.

Get up and get going. Take action. Take a step forward. Start. It is in the action, the starting, the first step that leads to further action, further steps and success. The first step, the first action is the hardest. The ocean is made up of drops of water.

No, you do not have to know where it will end nor what all the steps are. You need only to know what the first step is and then to take it. The answer will be there when you need it. The answer is waiting for you to get to the point that you need the answer and can use the answer.

When you go on a road trip you do not wait for all green lights before you start. You start and you take the lights, the road construction, and the detours as they come. A ship going across the ocean is always off course, and always correcting to course so it ends up in the harbor that was intended. It is that simple.

Lasting and meaningful success and accomplishment does not materialize in a day. It may take years. You will feel good, you will feel empowered, and you will feel worthwhile when you take that first action step. Sure, you might have some concern but keep going and keep doing. Your concern will change to excitement as you see the progress.

You have nothing to lose. Everyone has already lost material value. The first ones up and the first ones moving are the first ones to see and feel the replacement of that which was lost.

If you do not have a job, sharpen your skills, learn new skills, and make yourself more valuable. There is always something you can do.

It is easier to start something, learn something, or even make an effort that does not work, than to do nothing. Doing nothing means failure and creates time for self pity. Doing something is empowering in itself.

Too old is a state of mind. Too old is an excuse. Age is a benefit as much as you may think it a drawback. Age is also wisdom and experience. Work and learning helps to keep us all sharp and on our toes.

The good news is that many of us now have more time to learn and make new efforts. Time is of great value and many now have that value. You can change your habits in order to allocate more time to doing. Shut off the news and do not spend time reading negative articles about the economy. Focus on the good, the growing, and the value that exists.

Know that you have done it in the past, know you have had success in the past, know that you have earned a living in the past. So, you have done it. You can do it again. You can do it, and you can do it better than before. Yes, you can. Will you get up? Will you make the effort? Will you get up and start?