

Wild Weekend

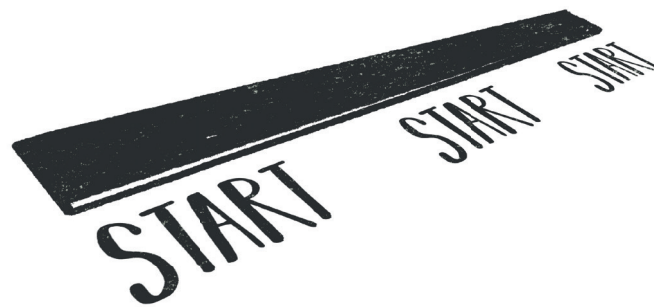
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BEGIN IT

You can, you should, and if you're brave enough to start, you will.

Steven King

Is there something you really want to do, but you're scared it won't work out? Perhaps you want to write a book or change career. Maybe you want to lose weight and get fitter but the goal seems too big and too far away. Whatever you want to do – just start. If you want to lose weight, take the stairs today or only have one biscuit with your morning coffee. The start doesn't need a drum roll, fireworks or a front page spread in the local paper, it just needs to happen.



Remember, the most splendid books ever written began with a single word. The most awe-inspiring music ever composed started with a single note. The greatest works of art started with a single brush stroke, or single tap of a chisel. Don't wait until you are ready – no one is ever ready. Besides, once you start, you will be ready. Don't search for signs or defining moments – they may never come. Instead, make now your defining moment. Start now. Don't question whether you are capable or worthy – just start and keep going. If you falter, get back on track and keep going. Start and don't stop until you have achieved what you set out to achieve. Confucius said, "It does not matter how slowly you go as long as you do not stop."

Take a minute to watch Game of Thrones actor Peter Dinklage in his YouTube clip about fear and beginnings: <https://bit.ly/3xAfAtm>

Taken from Chapter 26 of 'Meee in a Minute: 60 Ways To Improve Your Life in 60 Seconds' by Sid Madge.