

### 3 steps to get what you want

I read an interesting article the other day that laid down the three basic logical steps to follow to get what you want:

1. Decide what you want in life. If you have not made that decision you cannot take the first step to get there.
2. What must I do to get there? You must form a roadmap indicating what needs to be done to get there
3. "Just do it." Without any action or commitment to your journey you will not get there. You need to at least take the first step. And then the next..... A journey of 1000 miles begins with the first step.

We can have endless discussions between:

- a) The western action orientated way of looking at life - everything depends on you and what you do or
- b) The alternative more spiritual way where you attract what you feel and what you think about.

I have personally moved away criticizing the view that it is impossible to think yourself into a situation; I have experienced it too often. I believe though, that even the spiritual guru's agree: **you need to take the first committed step.**

#### **Relationship between stress and action.**

Our modern life has given us another side to the coin: stress is everything that needs to be done.....now.

I could not help but smile when I read the definition of stress above, just after having read the first article. I then realized why I got an emotional surge when I read the 3rd step in the action plan.

Is it not ironical that the number one cause of ill health in the modern society (stress) is caused by one of the essential steps to get what you want (action)? The problem is that most of us find it difficult to prioritize and establish what needs to be done next.

Some of my personal coach friends will also tell you that taking action is the answer to decreasing stress. Work with your intuition: do that which comes to you.

The secret to living with- and keeping stress healthy is in finding a balance and being assertive to demands from bosses, partners and society; where such demands conflict with what you know your true purpose in life to be. To do that, you must know what you want out of life....and that's probably why the article started off with the first step.

And, until you have determined what you want in life, and how to get that balance , there is no harm in using massage to manage your stress.

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