

A man wearing a dark hat, a blue jacket, and a backpack is looking back over his shoulder. The background is a blurred green field.

10

Steps

To Get Started!

Learn how to take the first step toward success.

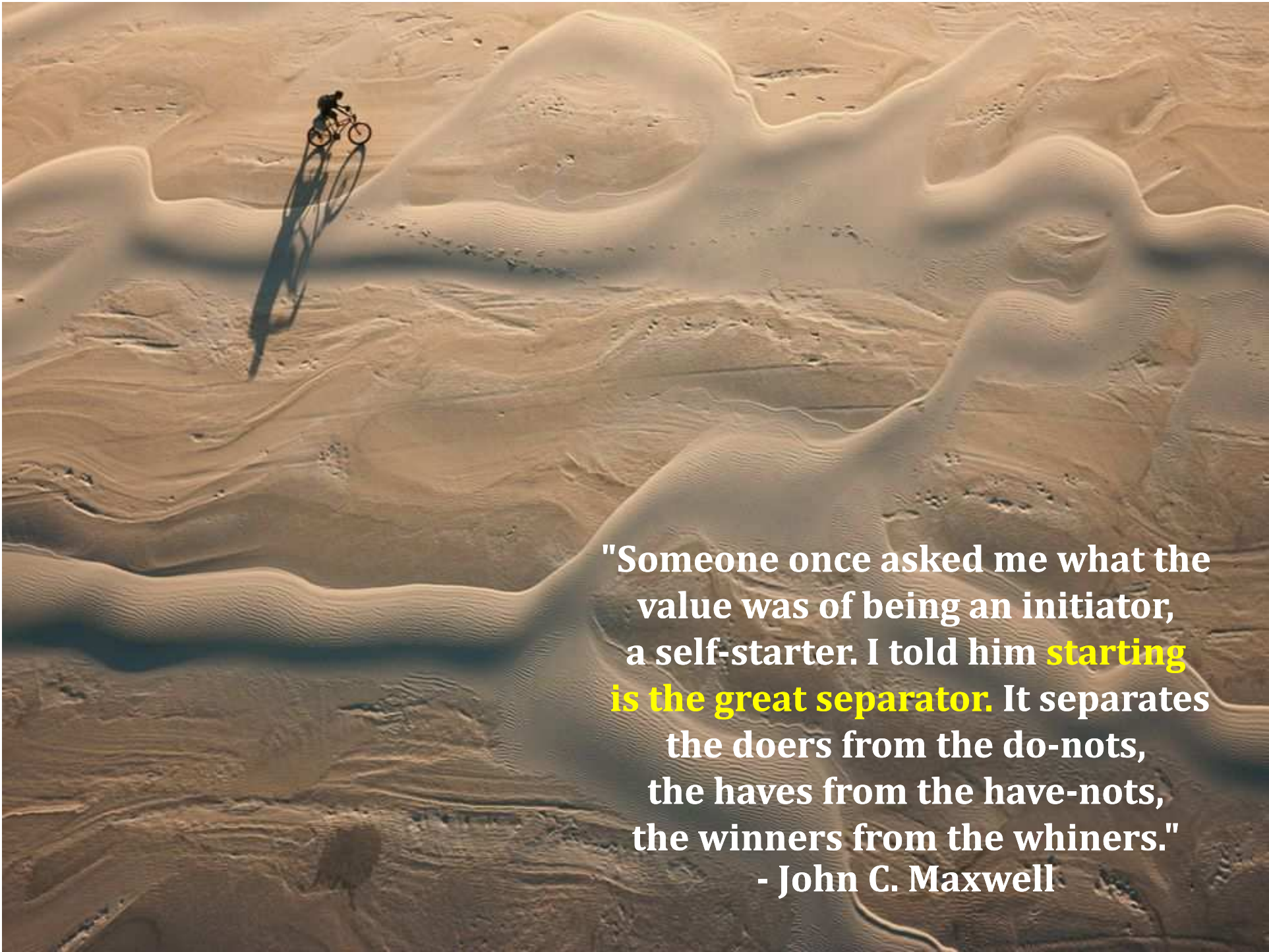


“Be the change you want
to see in the world.”
- Mahatma Gandhi

Everything we want to accomplish
in life starts with you and me.

It's **the job that never started** that takes longest to finish. Simply put, you cannot win if you do not begin.



A high-angle, aerial photograph of a vast desert landscape with rolling sand dunes. The dunes are a warm, golden-brown color, with their ridges and valleys creating a rhythmic, wavy pattern across the frame. In the upper left quadrant, a small, dark silhouette of a person riding a bicycle is visible, moving across the dunes. A long, dark shadow of the cyclist is cast onto the sand, stretching towards the bottom left. The lighting suggests a low sun, creating soft shadows and highlighting the textures of the sand. The overall mood is one of solitude and perseverance.

"Someone once asked me what the value was of being an initiator, a self-starter. I told him **starting is the great separator**. It separates the doers from the do-nots, the haves from the have-nots, the winners from the whiners."
- John C. Maxwell

Starting is absolutely essential for success. It's not the last step, but the first step that is the most significant. **If you want to win, you've got to start.**



Too few leaders are like tour guides, who take you to the places they have been and experienced. If you start by making the changes you need to make, you'll lead from experience, and that will give you greater confidence and influence.



Step # 1 : Find purpose in your life.

Before you look around and ask, “Where do I start?” you need to look inward and start with yourself first. Success is knowing your purpose in life, growing to your maximum potential and sowing seeds that benefit others.



"The main purpose of life is **to live
rightly, think rightly, act rightly.**
The soul must languish when we
give all our thought to the body."
- Mahatma Gandhi



Step # 2 : Pay the price.

There is no success without sacrifice. If we succeed without sacrifice, it is because someone who went before us paid the price. If you sacrifice and don't see success, then someone who follows will reap success.



"Great achievement is
usually born of **great
sacrifice**, and is never the
result of selfishness."
- Napoleon Hill



Step # 3 : Taking better care of yourself.

It's a matter of fact that if you are physically or emotionally depleted, you won't have anything to give to others. What do the flight attendants tell you to do if the cabin loses pressure? *Before assisting children or other passengers, take the oxygen mask and put it on yourself first.* The lesson here is you cannot help others if you don't help yourself first.





If the oxygen masks drop down, **put your own mask on first**, and then help the person next to you.

Step # 4 : Determine your priorities.

Know what's important and what you want to give your time to. I hope you make a commitment to seek and spend time doing the things that give you the most joy.



“The man who **seeks one thing in life** and but one may hope to achieve it before life is done; But he who seeks all things, wherever he goes only reaps from the hopes which around him he sows a harvest of barren regrets.”
- Bulwer-Lytton



Step # 5 : Starting the changes early

In fact, the earlier you begin, the better it's going to be. By starting early, not only do you increase your success, but you also have more options later in life. And for those of you reading this who are north of 40, don't worry; just keep reading. It's never too late to start making up for lost time.



“We can all do and be more than
we are if **we truly want to be.**”



Step # 6 : Just take the next step.

Along the way, don't expect to understand what it takes to get to the top; just take the next step. Too many people hesitate in the beginning because they cannot comprehend the entire journey.



So, next time you're procrastinating, just take a single step; that may be all you'll need to get yourself going. Or to get yourself back on track if you've stalled out. **Just do one thing, and then another and another...** Pretty soon, you'll be on your way.



Step # 7 : Understand the value of starting small.

Here is a good formula to follow: Think big, start small. Starting small encourages you to get started. When you accomplish a small step, you provide yourself encouragement that you can accomplish the next step. Small beginnings also allow you to prioritize and concentrate.



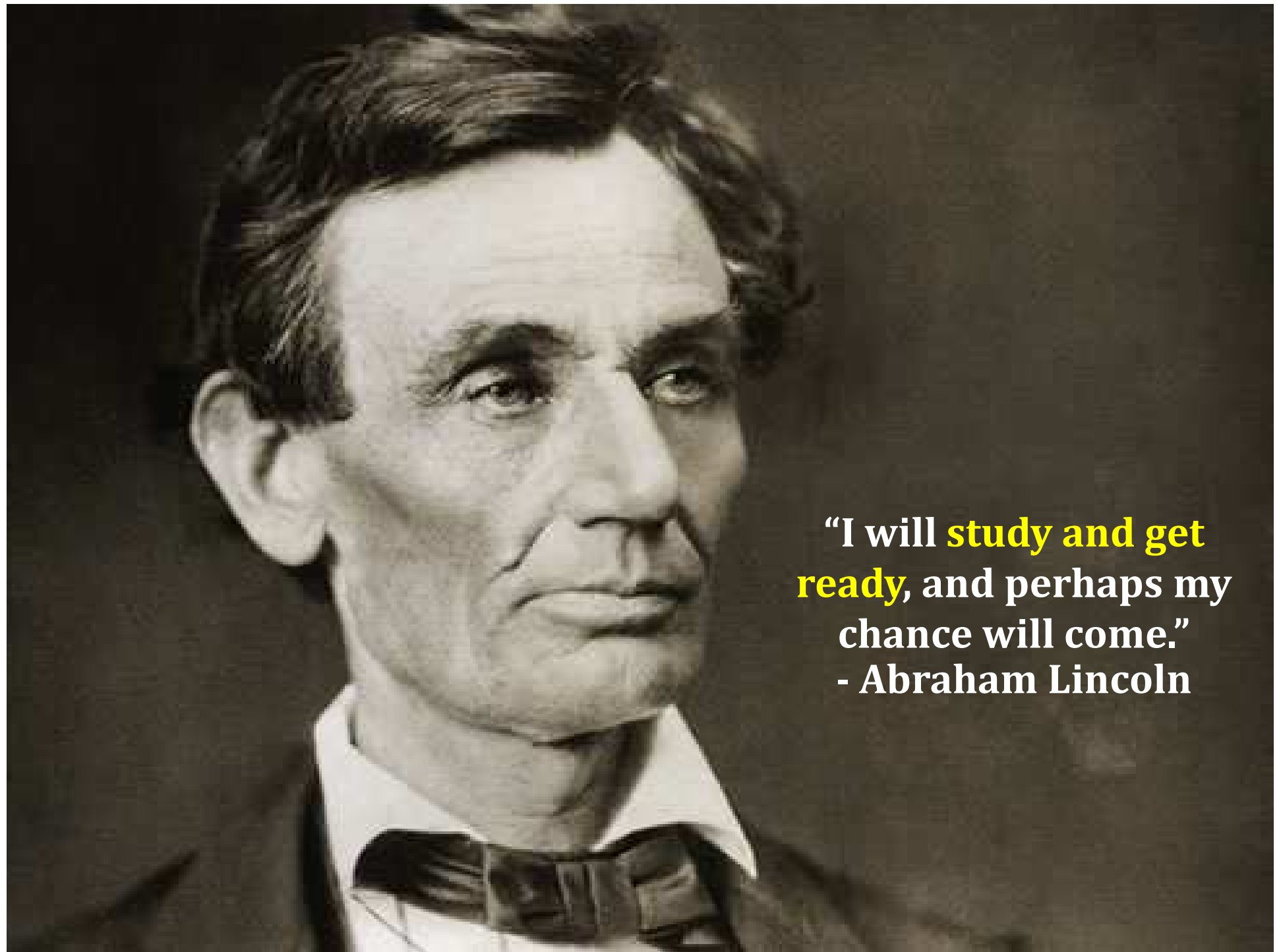
“If you can’t feed 100
people, **then feed one.**”
- Mother Teresa



Step # 8 : Look toward the horizon.

As you are starting with those first small steps, look toward the horizon. Preparation is key to your success. You must start with the end in view. There are basically three steps in life: learn, earn and return. Through your life you will have many opportunities to learn and earn. But be sure to give back more than you receive.





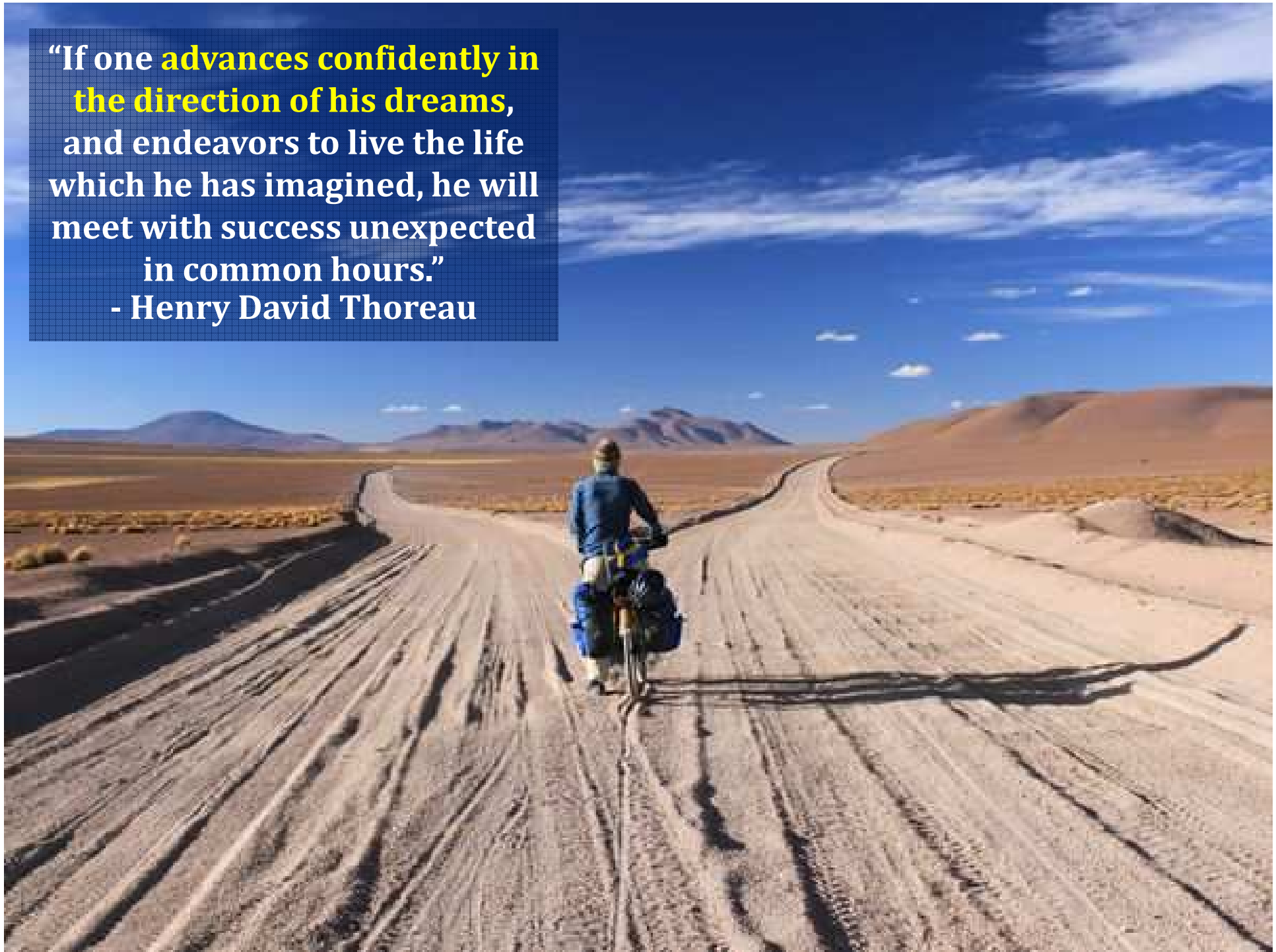
“I will **study and get ready**, and perhaps my chance will come.”
- Abraham Lincoln

Step # 9 : You need energy and direction.

To start with the end in view, you need energy and direction. How do you do that? Let your passion pull you forward and let your planning give you direction.



**“If one advances confidently in
the direction of his dreams,
and endeavors to live the life
which he has imagined, he will
meet with success unexpected
in common hours.”
- Henry David Thoreau**



Step # 10 : So start now!!!

Why start now? Because today matters! We overexaggerate yesterday, we overestimate tomorrow and we underestimate today. We need to start today because we underestimate what can be done in one day.



“A year from now you **may wish you had started today.**” - Karen Lamb



Review your work and take actions in the moment. Deciding what to do-be it on a daily, hourly, or even minute-by-minute basis-requires trust in some invisible, whether you want to call it your heart, your spirit, your gut, your intuition, or the seat of your pants. Deciding where to focus your energies as you stare at your calendar and action lists. Let's get started now!!!



**“Though no one can go back and
make a brand-new start, anyone
can **start from now and make
a brand-new ending.**”**

- Carl Bard

**Thank You Very Much
Sompong Yusoonporn**

