

CORE Changes Institute

The CORE Changes Success Skills E-Letter
January 2004

Volume 3

Issue 1

Going From Getting Around To It To Getting It Done!

How often do you clean the house? How long do you wait to take the trash out?

What is procrastination? What if I told you that it is only a myth? Consider this. Is it possible for you to not be motivated to do something?

Confused. Let me ask you in another way. Are you not motivated to do whatever it is you are doing. Now whether if this is what you would like to be doing or not...well that is an altogether different question.

Many years back, I had a roommate who would complain about wanting to do things but always procrastinating until too much time had passed, and either the opportunity was gone or the desire had left.

Sound familiar?

So I asked him one day, "Well when you say that you are always procrastinating...well during that moment, what are you doing?"

He replied that he is either really enjoying watching a particular movie or to busy cleaning something up to be doing the other thing, which in his mind should be the thing that he ought to be doing. (*Ever played that loop?*)

After listening to his reply, I summed up, "So when you think about doing the things you think you should be doing, you feel you are at that moment more motivated to either watch TV or clean something, is that correct?"

→ **And that ensued in him a trance that lasted a good 30 seconds.** And as he came out, he slowly let the words slip out, "Yeah, I guess I am."

Now what happens when you make that kind of revelation? Who's back in the driver's seat? And the question becomes what would you rather be motivated to do?

When you are back in control...You may have noticed that this presupposes that you were out of control, but I'll tell you many people do feel that way, and all too often, I might add.

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Think for a moment about the times you set goals for yourself. How often do you get done what you set out to do?

If often, then notice what your strategy is? And what about the times you don't? Are you switching strategies midway or do you not have enough flexible contingency plans set up to avoid failure?

What if you are the type that hardly gets anything done? What is your strategy for when you do? Are you trying different things or are you stuck doing the same over and over and expecting different results. Because that is just plain crazy.

Regardless of what your current strategy is, I would like you to consider trying out a new one. Most people have a vague idea of what they want. Some get very specific. These are your more common strategies.

But consider this. Think of the feelings you want to feel. For example, say you wanted to feel well compensated for your contribution of time, energy, and knowledge. How would you go about getting that feeling?

What limitations are preventing you from feeling this? And as you begin clearing out these limitations, you will be surprised to discover you get exactly what you want and in many cases, in ways you would never have imagined.

All too often, we go for the tangibles (like cars, homes, etc...) or a particular standard (like V.P. of Marketing, millionaire, etc...), but what are really important are the feelings behind them. What do you feel by getting these things?

Know the feeling you want and let it manifest into reality.

And as you begin to let go, that release in itself will actually give you control rather than just the illusion of it.

Now you may be wondering how you clear yourself of the limitations. How do you actually remove the obstacles which get in the way of you getting things done?

I'll share three ways to get started. One, practice this month's essential skill. Two, attend our [Free Training Calls](#) every week. Three, attend our 1-hour [Personal Evolution Series](#). Any of these three ways, whichever is most appropriate and feasible for you, will give you an opportunity to learn to remove these barriers. Do one or do all three, but just do them!

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This is only the beginning. And to paraphrase what Morpheus told Neo, I can only take you to the door, YOU have to open the door and choose to go inside.

Enjoy the journey, my friends.

Until next month...

Warmest Regards,

Oz Merchant