

ENGAGEMENT ON A DAILY BASIS

What is engagement on a daily basis? It is the intensity of your relationship with what you are doing, each and every day. When someone is truly engaged, it is very obvious; that person is totally engrossed in what they are doing. People who love what they do and have a very strong purpose in life engage on a daily basis because it comes naturally to them and they find the actions they take toward their goals, fulfilling.

Success is a planned result. It is the result of deliberate thought and action. Have your goal in mind then act and put your thoughts to work so that you will continuously move forward toward that goal. To do this you must engage on a daily basis; that means to involve yourself, enter into and undertake every day to continue your unique journey of discovery.

Once you know what you want to do (your vision), you will know where you are heading (your goal). Between the 'what' and the 'where' is the 'how' to get there. This is the time for 'engagement on a daily basis' and it will take time, a lot of effort, and focus to get you where you want to be. You will experience ups and downs, obstacles and setbacks, laughter and tears and sometimes changes in direction. A positive attitude, resourcefulness, determination and persistence will minimise the impact of anything that will get in the way of your achievement.

Engagement

The key to being successful at anything is the undertaking and dedication you bring to your endeavour. It is a responsibility to yourself or to someone else, so when you engage in a course of action, you are responsible for ensuring you execute that action. If, for some reason, you don't follow through on something you have engaged to do, you lose the faith of that party and your self-esteem will take a dive – and, of course, the action you said you would undertake will remain unfulfilled.

“An act has no ethical quality whatever unless it be chosen out of several all equally possible.” (William James)

Engagement on a daily basis can be difficult but it is powerful because it takes strength of character to carry it out. It means you must exercise integrity which in turn means taking control of your life and it means being ethical which leads to a life full of rich relationships, meaningfulness and joy. It is also very difficult to build trust in your personal and professional life if you do not act responsibly and do your best in any given situation.

Engagement on a daily basis is the core of social life, but unfortunately, it is something that many in our society today are averse to; they want to “keep their options open” and “be free to do whatever they want to”. If they can't direct their own life, they become a passenger in the life of someone else. For life energy to move in a desired direction, it is essential to engage on a daily basis.

Don't underestimate the power that engaging on a daily basis can bring you. It can be the difference between mediocrity and excellence – it is one of the most powerful forces we have. When we engage to do something we take an active part in ensuring that the outcome is the one we most desire.

Be bold, take the plunge; engage on a daily basis. Take action and keep doing something every day to move your dream forward into reality. You can do it – everything is possible.

Faith and Energy vs. Discouragement

“A ship in port is safe, but that’s not what ships are built for.” Grace Murray Hopper.

Two great forces in this world are more powerful than all others. One is fear and the other is faith; and faith is stronger than fear. It puts steel into you, enough to give you power over any difficulties. Determine to draw on the faith deep in your spirit and this will give you faith in yourself and those around you.

You need to step over that line to find out what you are really capable of. It takes courage to take that first step and the task may seem insurmountable; however, if you develop faith in what you want to achieve you can stand up in faith and courage and go forward and overcome. Remember, courage is the ability to control fear and discouragement. When you are discouraged, let your engagement on a daily basis be greater. Remember that 99% of the worries and anxiety of the world never happen so develop a ‘can do’ spirit.

It is necessary for you to overcome discouragement because it stops the flow of power, frustrates your best functioning and can cause failure. Anxious or emotional states of mind produce negative results that are seldom satisfactory and they can be a hindrance and destructive. Don’t give in to low spirits, for storms of difficulty are limited in extent and they do pass. Discouragement is an enemy to the attainment of your goal.

Change your outlook from one of discouragement to one of faith and hope. Be bold and courageous. That does not say you should be reckless or foolhardy. Boldness means a deliberate decision to think ‘outside the box’ and step out of your comfort zone. There is a quotation which says, “Be bold and mighty forces will come to your aid”. What are these mighty forces? They are the latent powers that we all possess: energy, skill, sound judgement, creative ideas – and even physical strength and endurance in far greater measure than most of us realize.

Anthony Robbins calls energy, “the fuel of excellence”. Energy is the capacity to be active. You need energy to accomplish your purpose but it must be directed and channelled into specific areas. When your energy is constructively directed to a specific end, non-essentials have a way of dissipating.

Energy gives you mental alertness and purpose and allows attention to detail. It is demonstrated through physical vitality and radiates purposeful activity.

If you are healthy, exercise, balance your life between home and business, work and play and keep negative emotions in check, your energy levels should be high. This will help you as you action your plans and work toward your goal. People with high energy levels are very positive and life forces flow more powerfully through them. A positive mental attitude means spending your creative energies on finding ways things can be done. It means turning a problem into a solution.

Nothing will drain your energy from constructive action faster than negative emotions. Anger is a common emotion which must be dealt with as it expends a great deal of energy

into non-productive channels. There is a saying, “anger falls one letter short of danger”, and another which says, “He is happy whose circumstances suit his temper; but he is more excellent who can suit his temper to any circumstances” (D. Hume).

Hatred and bitterness are negative emotions that are wrong and they generate a lot of negative energy. Anxiety and fear, guilt, worry, doubt, jealousy and depression are some of the other negative emotions that drain energy. Work on eliminating these emotions so you have increased energy available for accomplishing your purpose. Make a paradigm shift and choose to put out love and respect for others and that is what you will receive in return.

Energy is demonstrated through engagement on a daily basis and it requires a tremendous amount of physical, intellectual and emotional energy because it means believing in and working towards your goal against all odds.