

Just put one foot in front of the other

By Pat Heydlauff

“Where do you begin” is a question I often hear from clients. “How do you know if you are eliminating the right things to make the correct energy shifts”? “Is there a magic formula that needs to be followed or is it based on logic?”

I re-assure my clients that these are all great questions and could have specific answers, especially if you are looking for a particular result. However, the hardest part for everyone always seems to be “just how do you get going”. Generally speaking, my answer is always the same; “just put one foot in front of the other and make it happen”. You simply need to begin.

There is no magic formula to beginning. **TAKE ACTION**, that’s where you begin. Stop playing mental gymnastics, making mental or physical lists and adding to them so they look over whelming even to the most advanced procrastinators among us. Yes, lists are important and I often recommend using them for purposes of getting your thoughts organized and creating a plan but in this case they are no longer a tool if you do not move from the thinking or planning stage of “making lists” to the “taking action” phase and doing something about the dilemma you find yourself in. There is one slight variation to this process. If taking action means you need to make one last list ranking in order of importance the things you’ve procrastinated doing all these years, make it. Then get on with it.

It doesn’t matter whether you are working on selling your home, doing what it takes to bring in that new client or going through years and years of pictures, files and books that have now taken over all of your personal space and then some. The answer is always the same, “put one foot in front of the other and do it”. By not doing what it takes you can miss the opportunity to sell your home to the next potential buyer that walks in. Or, you can miss creating a deal with a potential client you’ve been meaning to talk with forever

about a proposal you've had in your head for months but never put onto paper or presented it. In these cases, procrastination has lost you a deal, time and money.

Because most of us need a starting point, the place to begin is the area that is largest generator of your procrastination. In the case of selling a home, organize, clean up and clear out all of the "stuff" in the worst room in the house. Because it is the worst room, once it is completed you will be so motivated and realize that the remainder of your project is actually quite easy in comparison to what you just finished. In the case of the client, create the proposal, call the client and make an appointment so you can present the proposal. In the case of the files, pictures, etc., organize it, put it away and toss what's left.

It doesn't matter what your project is, how large or small it is. You tackle it in the same basic way. **GET STARTED!** If you do think it would be easier to remember this easy process with a simple formula, try KIC (Keep It Cleared). The more cleared a room, your office or client list is from things you've been procrastinating, the less you will fall into the procrastination trap.

Positive Feng Shui energy is created from being in control of your life and surroundings. The best way to make that happen is to take action. Can it be any simpler than that? KIC, "Keep it Cleared" is very easy to remember and very easy to put into action. It is synonymous with "take action" and put one foot in front of the other. Sometimes all we need is a very simple unobtrusive reminder that sticks with us to get us to move off the proverbial dime. Think of KIC whenever you are stuck and it will remind you to put one foot in front of the other. That will help you kick start any project, no matter how large or small.

Pat Heydlauff is a Feng Shui consultant, artist, public speaker and columnist. She has been a Feng Shui specialist consulting with families and businesses since the early 90's with clients ranging from California and the Midwest to Florida. Her unique artistic style and love for balance and harmony in her life has led her to conceptualize and create numerous Feng Shui presentations along with stunning art work based on the science of energy by design. For Feng Shui consultations, speaking engagements and energy design work in the home or office call her now at 561 799-3443, email her balancingenergy@energy-by-design.com, or visit her website, www.energy-by-design.com.