

February 2013 - Here we go again!

I have a sneaking suspicion that around this time last year I may have checked in to see how you were travelling with your resolutions and goals for the New Year, and as I lie under the shade of a tree at City Beach on a warm summer's evening, contemplating how to kick off this year's inaugural issue, I've decided that I'm going to be brief....for purely selfish reasons of course! This is 'me' time that I've orchestrated to appreciate the delightful sights, sounds and smells of the ocean...time orchestrated to BE instead of to DO (*nudge, nudge to those of you who put the achievement of this state on the backburner*).

So, to keep things moving at a lick, back to brevity and what it's conjured up for me in the context of the message being delivered here...

I remember as a child being hauled off to church every Sunday and having to sit through L—O—N—G sermons that deadened the spirit, until one Sunday this forward thinking, radical cleric opened proceedings by informing the congregation that his sermon would consist of 3 words. Boy did this send a ripple through the pews for young and old alike!

Being so young, I can't for the life of me remember what he said when the time came but what I do remember is that they appeared to have a profound effect, so profound that it's the only sermon I ever remember, if you get my drift.

So, taking a leaf out of 'Father Foresight's' book, I too have come up with a 3-word combo to seal the deal on this month's message, so pay attention!

Here's a question....what 3-word phrase immediately springs to mind when you think about goal achievement? To help you on your way, un-scramble the letters below to make 3 words and hit the jackpot:

IDUJTSOT

Still clueless? Okay...what major sporting brand has brainwashed us with its 'correct' logo? You've got it? Good!

Whatever you've planned for this year, for next week, for today, JUST DO IT. Whatever changes you need to make, whatever steps you need to take, JUST DO IT. You want to tell someone you love them? JUST DO IT; you want to tell someone you're sorry? JUST DO IT; you want to swim with the whale sharks? JUST DO IT; you want to do it? JUST DO IT!

"But change is hard" I hear you say! Maybe but JUST DO IT and see what happens. Make a commitment to JUST DO IT for the month of February and if you get back to me saying you tried to try, stay tuned for next month's issue as we explore some reasons why we fail to try and try but fail. It's an interesting one.