

Action!
Nothing Happens Until Something Moves
Robert Ringer

The title of this book says it all. Take action! You do not need to find motivation first. If you take action you will become motivated.

Robert believes that success is often based on the search for truth, common sense, persistence, and just doing. Remarks can be made to the successful “anyone could do that”. Which may be true, but it is the rare person who puts their dreams to actions.



Putting Plans Into Place

A lot of people have ideas, but there are few who decide to do something about them. Today. No matter what the situation, you are always in competition. For a spouse, in sport, for attention. If you want to beat the competition you need to take the bull by the horns. You've got to make a start and make some development every day.

We all take action whether it is proactive or reactive. If you take proactive action you control the outcome. Reactive action is where you respond after waiting for someone or something to move. This which puts you in a position of weakness.

Perfect Timing

Most people stubbornly resist change—making ineffective excuses such as the time is not yet right.



Robert talks about travelling on the train of life, where you think you will arrive some time at “The Station”. When you arrive at the station everything will fit perfectly together. Crowds will be cheering, bands will be playing and you will finally be able to take action.

Opportunities happen constantly. You just need to act on them. You will not run out of opportunities. Write down ideas rather than constantly changing plans. You can always go back to them at another time.

Help Comes to Those Who Help Themselves

Robert Ringer has a belief in The Cosmic Catalyst. The Cosmic Catalyst is the theory that God helps those who help themselves. You have the capacity to determine the outcomes of your life. Taking bold action attracts outside forces. There are some things that you just can't control but many that you can. And how do you know what you can change? The answer is, you don't know, so why not give everything your best shot?

The law of averages is constantly at work and operates passively. It works tremendously in conjunction with the Cosmic Catalyst. 45% of success is showing up, 45% is asking, and asking again. The other 10% is hard work!

Every Action Starts With a Thought

Have an open mind.

Decisions change lives—to act, to exercise, to eat well etc.

Robert Ringer is the Tortoise—Slow and steady wins the race. Continual improvement and continual action WILL achieve results.

Meditation and spirituality are important and development of them will positively change your life. Energy and the laws of attraction are a positive force which are at work in the lives of each and every one of us, whether we are aware of how they work or not.



Learning

When the student is ready, the teacher appears. How often have you been told something for years and take no notice, then later hear it and it makes perfect sense!

Live Your Truth

The search for truth will inspire you to take action. Your own truth. Question what others say and act in your own best interests. The books shows that there is no purpose to living your life according to other people's interests, or being brainwashed by friends, family, acquaintances, bosses, work colleagues and the government. This does not mean that we should avoid people. To have a great life we need work colleagues, staff, friends, retailers, bankers and people from all walks of life. Life is really all about being interested in people right?

Do not however, pay too high a people tax. This includes spending unnecessary time with chronic deal maker /breakers, irrational and neurotic people, people who get their noses out of joint for no reason (neurosis), dishonest people or rude, ignorant people. Avoid nastiness and negativity. There are people who insist on debating everything and also victims and those who impose an obligation tax—I am owed this opportunity etc. The time that you spend with these people is time that you will never get back from your life. Getting them to see the error of their ways is just not going to happen and to try is just a

waste of your energy. Perhaps not so much with ignorant people but is it really your responsibility to put your time and effort into educating them? For free?

Do not go along with a high people tax in others in the hope that they will change their ways. In reality, this is not likely to happen.

Do not give up too easily when dealing with people and trying to achieve an outcome. In a large corporation if you are not getting results from a department, hang up and telephone again. Try again with someone else. Keep asking!

Working Towards Results

Instant gratification is what can stop you from taking action. You may not believe that you should have to take, say, two years to achieve a result. You want results and you want them now! Why else is the lottery so popular?

Keep in mind that you do not have the right to someone else's love, friendship and respect. All of these must be earned. Never forget that to get what you want in life you need to create value for others.

Passion will motivate you to take massive action. Those with a passion for what they do will be promoted or achieve greatness in other areas—inventors etc.

Adding Value

Living by virtues allow action to be taken—honesty, civility, dignity, integrity—particularly living your purpose and your truth, humility, graciousness, tactfulness.

Always add value.

Freedom

Freedom goes hand in hand with action because if you're not free to take action toward pursuing your dreams and achieving your goals you are essentially a slave. Slaves are not free to act in their own best interests.

Freedom begins with a concept called the Natural Law. Every individual owns their own life and so is free to do with that life whatever they desire so long as it does not forcibly interfere with the life of another person. Some people, however seem to want to be free to control the lives of others!

The inability to let go of the past is a self – imposed imprisonment, an imprisonment from which only you can free yourself. Being imprisoned in the past often involves dwelling on some great injustice one has suffered. You can allow it to destroy the remainder of your life or you can use it as a motivating force to accomplish great things. Continually remind yourself that despite the level of success that you may have achieved, the past is etched in stone and cannot be changed. And so, there is not rational reason for allowing it to destroy your future as well.



Preparation

Visualize how you would like your future to be.

Do not over prepare. Perfectionism is an enemy of action. However be sure that your project is actually finished on the other hand!

Do not ask what if or use the word but. Also do not ask why too often. Deep thinking is not necessary always. Do not think too much just do!

Be free from grouping—embrace individualism. Individuals achieve results—not groups such as activists, women, blacks, jews etc.

Be free from hatred. Hatred is a negative emotion that breeds other negative emotions. It is an extremely painful activity, prohibits action, is based on emotion rather than reason, gives the other person energy. Covert hatred into motivation to success and let your success be a blanket response to everyone that you dislike. The more success you experience, the less time you have for petty matters such as hatred. Free your mind to work on more constructive pursuits.

Be free from the useless emotion of guilt. Also be free from peer pressure, envy and lawsuits.

You choose actions every minute of the day—when to shower, get up, what and when to eat etc. What to listen to, read, how to react and what to do.

A person always has the choice of doing the right thing. It may be that they just don't want to.



Robert's Tips

Beware of instant gratification. Plant seeds while you are young. It is generally the old who have the good habits, who plant the seeds!

Routine is important and actually creates freedom.

Robert advises to have a task list and complete your most important task before abandoning it for your second most important task!

Delegate!

Before you take on new tasks, meeting groups, join organisations etc think about how much of your time they will demand.

Don't say yes straight away. Insist on thinking it over for as long as possible.

Listen to your instincts and live your truth.

Keep your plans to yourself. Success is tough enough to achieve when everyone wants you to succeed and is cheering for you. Who needs more obstacles? Don't tell anyone anything until the cheque has cleared in the bank.

Civilization is a result of the bold actions of a small minority of the earth's population. The masses don't invent light bulbs, automobiles, airplanes, or computers. They simply go along for the ride. Conventional wisdom implies that because something hasn't yet been tried, it can't be done. Raise the bar.

The desire to conform is nothing short of self-imposed enslavement. If you guide your actions by the maxim "the man with courage is a majority" you're likely to be headed in the right direction most of the time.

Don't assume anything. No one is in control. No-one controls blackouts, death, or incompetence. It is best to base your actions accordingly.

Always question repairman, customer service consultants etc. Test everything before they leave, before the bill comes etc! Question everything.

Exercise self-discipline. Beware of the exception—just this one time. Look the other person in the eye and say "No." One time does hurt. If you have a bad day don't think you can make an exception and slacken off.

Take responsibility—don't blame others.

I found this a really motivational, practical and easy to read book. A final tip from Robert—above all don't take life too seriously! Keep the end picture in mind—what you want. Don't get what you want and then give it away because your habits dictate otherwise!