

Action Determines Decisions

Which means: instead of trying to predict the future through step-by-step goal setting, you can use hindsight to make decisions on how you choose to proceed.

I call this the Fire, Aim, Ready method.

If you Ready yourself, Aim toward your target, then Fire the gun, the only way you can expect to hit the bulls-eye is if you've *already* practiced and the gun has *already* been sighted in.

To "sight in" a gun means to adjust the sights for distance and other factors that affect the trajectory of the bullet. To do this, you have to shoot toward the target, observe where the bullet hits, then make adjustments, and try again.

When you start a daily action habit, you begin to see where you're headed by observing the results you're getting from those actions. Then, you can adjust your actions to better serve your vision. You **fire** first, re-**aim**, then you're **ready** to continue the experiment to get ever better.

Take a look at the word DECIDE. You might notice the root is "to kill". (Suicide, genocide, patricide, etc...) When you make a decision, you kill the alternative. Knowing this on some instinctive level can make it very difficult to make decisions. With the traditional goal-setting mindset, we're tempted to think we're locked into our choices. We're taught to make decisions on where we're going, then take action to get us there. Any alteration from that initial decision can feel like a failure, or lack of commitment.

This do-or-die mentality is intimidating. It can lead to a lack of decision making because it fosters fear of making the wrong choices right up front.

Instead of killing alternatives, we can start practicing a daily action habit and treat it as an experiment. See where that action is leading you, make adjustments as needed.

Proceed to dance in the direction of your dreams.

Action: _____

Daily: _____





