

## **5 Reasons Why We Don't Act**

We all know that actions take us from where we are to where we want to be, yet many of us do not take those necessary actions for variety of reasons. Here are 5 reasons why we don't act toward achieving our dreams and the possible solution for each:

### **Reason 1: We don't act because we procrastinate**

Procrastination is number one reason for not doing what is necessary to be done. We procrastinate because we are either lazy, busy with other stuff, or not in a good mood. When we delay things that need to be acted upon, we may become stressed and feel guilty for not being productive. We may also become less trustworthy by others for not meeting responsibilities or commitments. These feelings combined may promote further procrastination.

*Solution:* In order to break the cycle of procrastination, complete the incomplete and move forward by taking the right actions right away.

### **Reason 2: We don't act because we don't have any plan**

When there is no vision and no plan, there is no passion and enthusiasm for taking the right actions right away. In such case, we may act blindly without achieving worthy results.

*Solution:* By developing a personal vision and detailed action plan, we know what actions we should take to get to the right place. A good plan can motivate us to take actions right away.

### **Reason 3: We don't act because we think we are not ready yet**

We might have great dreams, great ideas and great plans in mind but we don't act because we think that we are not ready yet. We think that we need to wait until the perfect time comes or until we have all the knowledge and tools required.

*Solution:* Remember that knowledge without experience has no value. You don't experience except you put your knowledge into practice. More knowledge and tools will appear along the way. So, don't wait for the perfect time because the train of life will not wait for you.

**Reason 4: We don't act because we are afraid**

Many times we know what is best for us, we know where we should go but we don't move because we are afraid. Fear of failure, fear of disapproval, fear of change, fear of accepting more responsibility, fear of taking risk, and fear of rejection are all barriers that prevent us from taking the necessary actions to get out of our comfort zones and grow accordingly.

*Solution:* By conditioning our minds and enhancing our self-confidence we can get out of our comfort zones, overcome our fears, and act massively toward achieving our dreams. Sometimes, a single and small action can create big results. By seeing the results of our small actions we become happy and get the courage push ourselves even further and carry out bigger tasks.

**Reason 5: We don't act because we think too much**

Thinking too much about what tasks to do, why to do them, and how to do them, consumes lots of energy which in turn decreases our productivity. This would result in exhaustion and frustration which prevent us from taking necessary actions.

*Solution:* Next time you start to think too much, stop thinking and start acting.

Remember that as long as we don't act, nothing is going to happen. No one else is going to do what is necessary for us to do. What actions are you going to take today that help you get to where you want to be tomorrow?

To YOUR Success,

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