

PABLO PICASSO: TAKE ACTION

A positive attitude feels good and fills you with confidence. It certainly worked wonders for Thomas Jefferson. It could do the same for you! Hopefully, your thoughts are more positive because of the previous lesson.

This lesson is about taking action. Nothing happens without action.

WORDS OF WISDOM FROM PABLO PICASSO:

“Action is the foundational key to all success.” -Pablo Picasso

Known world-wide for his paintings and sculptures, the Spanish artist, Pablo Picasso, was also a co-creator of a popular movement in art known as “cubism.” Picasso’s quote reflects that he knew what it would take to be successful. He believed that the most basic tenet to achieving goals is to take action.

Even when people didn't seem interested in his art, Picasso just kept painting, sculpting and creating, no matter what. **He put into practice what he believed:** if a person takes action, he'll succeed. The essence of Picasso's quote is, "do something" to make success happen.

HOW TO APPLY PABLO PICASSO'S TIP TO YOUR LIFE

You must do something related to your goals if you want to achieve them. The most basic key to accomplishing something is to simply take action.

- Focus less on the details.
- Don't be concerned about doing something wrong.
- Just get started.
- Continue to do whatever it is you've chosen and the actions you take will lead you to success.

For your big goals, divide them into small, achievable steps that will lead you ever forward until you've accomplished your biggest desires. **It's much easier to**

take action when you only have a small mini-goal to work on. However, achieving these small goals one by one will bring great success.

For example, if you have a goal to lose 30 pounds, you can do this in 30 weeks by losing a pound a week. Each week, **focus only on losing 1 pound.** This is a goal you can achieve.

Each week, determine what you can do to lose that 1 pound – whether it’s cutting back on sodas, sweets, or chips, going for evening walks, or taking the stairs at work – and follow through with whatever action it takes to get it done.

The next person we’ll study is the great Dale Carnegie, where you’ll discover how to use failure in a positive way.

HERE’S WHAT YOU NEED TO DO TODAY:

1. Divide your most important goal into mini-goals that will lead to the big goal. Plan mini-goals that you can accomplish in a short period of time – say three weeks maximum.
2. Divide those mini-goals into even shorter steps that you can take daily or weekly. If you made weekly goals, what can you do each day to move

you forward to achieving that goal?

3. Take your first step today.