

Begin | Christin Smith Myers

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What's been on your to-do list for way too long? A closet or room that needs to be cleaned out? A project or side business you've been thinking about for years? A search for a much-needed new job?

What are you waiting for? Sometimes it's hard to get started, but as Gretchen Rubin says, "There is nothing more exhausting than the thing you never start."

What if right now, before you finished reading this blog, you took the first step? Often that is all it takes.

- Let's say you need to work on a closet or room. Start by pulling out one thing - just one thing - that belongs somewhere else. Then go back for another. I know someone whose messy garage was full of discarded plastic bags from purchases. We started by just picking up the plastic bags; completing this relatively easy task helped us achieve an early win and start to build momentum.
- Have a project or side business idea? Instead of scrolling through your Facebook feed or watching a mindless TV show (or whatever other activity you find yourself defaulting to), what if you started brainstorming company names? Or looked on Google for similar companies? Or sketched out a potential logo? Or called a friend to talk about your idea? A dear friend helped me with my logo long before I needed one, and it was the perfect starting point to get the ball rolling.
- I know several people who say they want to look for a new job but it feels so daunting, so I'm encouraging them to take a simple step to start. Find your old resume, create a login for a job searching site, list three companies you'd like to research OR think of the first person you'll mention when asked for references. You don't have to do all of them. Just one is enough to say you've begun. And once you've begun, it's easier to keep going.

You don't have to have everything figured out to set yourself up for success. Begin and let the momentum carry you. Even just spending 5 minutes on something - 5 minutes! - can change your life.

What are you waiting for? Just this once, forget about "On your mark" and "get set." Just go.