



latest word

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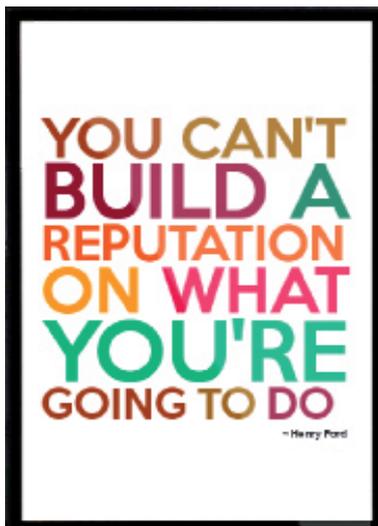
February 2014

In the future, I will

“A year from now, you’ll wish you started today.”

So, in the future, what are you planning on doing?

- ▲ Get healthier, lose the extra weight, eat better, quit smoking, and start exercising?
- ▲ Get the finances sorted, clear the credit card, start a pension, get your taxes in order?
- ▲ Have more family time, fix up your home, and make time for a friend?



A lot of these things require some discipline and guess what, it's very human of us to believe that in the future, we will be more disciplined, but just not right now.

So lunch today, will it be the healthy option or the handy option? My guess, it's likely to be the handy option but definitely next week, it will be healthy, healthy, healthy all the way. I believe you :-)

The truth of the matter however is that despite what you may think, you are very unlikely to be any more disciplined in the future than you are today. You just think or imagine you will and for the moment, that feels better than the reality of the situation.

So 'saving the money' or 'doing the exercise' will be as easy or difficult today as it will be in the future. The trouble is that many, if not most people, will wait until the future to find that out, and that may be too late.

How good you were in the past or will be in the future is irrelevant, what you do today is who you are. That's the reality.

What do they say??

“You're only as good as your last game”.

“You can't build a reputation on what you're going to do.”

All we have is Now.

Let me ask you a question.

If who you are is what you do today, not in the past or going to do in the future, then:

Who are you?

Being judged by your current actions:

- ▲ What kind of a mum or dad are you?

- ▲ What kind of a partner are you?
- ▲ What kind of a son or daughter are you?
- ▲ What kind of a friend are you?
- ▲ What kind of a business are you?
- ▲ What kind of an employee are you?
- ▲ What kind of a person are you?

So how did you do? Are you the person you want to be?

If not, are you going *to do* anything to change that?

Is it time to stop seeing yourself in the past or future and be that person you want to be right now? Today.

Will waiting to be the person you want to be make it better or maybe worse?

Let's consider the three big ones.

- ▲ **Health** - wait or act now? Consequences - good or bad?
- ▲ **Wealth** - wait or act now? Consequences - good or bad?
- ▲ **Happiness** - wait or act now? Consequences - good or bad?

I'm sure you're familiar with the phrase - *face the consequences*, what do you think that means?

It means getting real, looking reality in the eye and it means being honest.

I think it was *Robert Louis Stevenson* who said "*Sooner or later, everyone sits down to a banquet of consequences*".

Our future results will be a consequence of our current actions & behaviours. Fact.

Look, it's human to see things as we'd like to think they are and not how they really are. It's very human to expect great things of ourselves in the future to avoid doing what we really know we should be doing today.

But real change is always preceded by real honesty.

So get honest with yourself today about where you are and the reality of where you're going to end up if you don't do those things you know you should be doing.

You may not have all the answers today and that's ok. You will at least be asking the right questions and refusing to *keep kicking that can down the road*.

"the best way to get something done is to begin."

You can avoid reality, but you cannot avoid the consequences of avoiding reality.

- Ayn Rand



Last word

Thanks for taking the time to read our "latest word"

Feedback on our newsletters is always welcome and gratefully received. joe@fwf.ie.

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