

## **Engagement on a Daily Basis**

What is engagement on a daily basis? It is the intensity of your relationship with what you are doing, each and every day and the ability to get yourself to take action regardless of your emotional state. Do you wish to succeed in life? You must understand, then, that success is the result of deliberate thought and action. You must have a goal in mind then act and put your thoughts to work so you will continuously move forward toward your goal. To do this you must engage on a daily basis; that means to involve yourself, enter into and undertake every day to continue your unique journey of discovery. You will experience ups and downs, obstacles and setbacks, laughter and tears and sometimes changes in direction. Right thinking, i.e. conscious decision-making, resourcefulness, determination and persistence will minimise the impact of the difficulties you encounter and virtually guarantee the strength to overcome every disaster that is thrown at you.

To engage on a daily basis can be difficult but it is powerful because it takes strength of character to carry it out. It means you must exercise integrity which in turn means taking control of your life and being ethical in all your affairs. It is very difficult to build trust in your personal and professional life if you do not act responsibly and do your best in any given situation.

Remember that, although being responsible and having an enthusiastic and affirmative attitude can influence your environment, it does not mean that you will not have bad experiences and your share of disappointments. Even the best planning cannot predict every obstacle but if you are engaged on a daily basis you will find ways around the problems that arise. When an obstacle presents itself, begin to work on a solution immediately. Delay causes difficulties to grow.

Many obstacles are mistakes we have made ourselves. Anyone can make a mistake but if you learn from them you can convert those mistakes into unexpected benefits. The first step to a solution is to be honest with yourself and admit that a mistake has been made and that it exists. If mistakes are not corrected they multiply and grow worse, so find out the cause and eliminate it.

There will be many of these valleys in the life of all of us – no-one is immune to them - but if you are able to learn to control your thoughts and build a balanced attitude to life you will manage the troublesome times and they will make you happier, stronger, more mature and ready to enjoy life.