CREATING | PERSONAL GROWTH | TAKING ACTION

The Twin Actions of Accomplishment

Intake information, exercise the will.

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When it comes to achieving accomplishments there are two foundational actions that must take place. When these two actions take place, and take place in the right order, you will become unstoppable. You will also enter into an elite group of people who actually do both.

You see, most people are given to only one or the other, and in doing so negate their opportunity to accomplish what it is that they want to accomplish. What are these two actions?

> ***Intake and output.***

Think about it. Do you want to have a healthy body? You must take in proper food and output vigorous exercise. Do you want to be financially fit? You must intake income and output investments.

The same is true in our personal and professional lives. But what specifically do we intake and output?

> ***We intake information and we out put effort through the exercise of our will.***

> ***The twin actions of accomplishment then are the intake of information and the exercising of our will.***

As I said, most people do one or the other. They are simply information addicts or they are action addicts. You have some who go to every seminar in the world and then never exercise their will to put it into practice. Others are simply a flurry of action but going in no specific direction.

When you only intake information you become fat! Not physically fat but personally fat. You become lethargic. You become frustrated because all of this information was supposed to change your life!

When you only exercise your will and become a tornado of activity you become spent. You become tired because you aren't achieving anything but a busy schedule!

But when you put these two together - WOW! Look out because you will turn the world upside down! So let's look at these two a little closer.

How can you intake information?
1. Choose as close friends, people who will challenge and stimulate you intellectually and personally.
2. Go back to school.
3. Buy success products and listen to them.
4. Read books.
5. Go to a seminar.
6. Get involved in an ongoing discussion group with people who want to grow.

How can you exercise the will? This is a bit simpler but not so easy:
1. You simply must act on the information.
2. Eat better foods - put down the ice cream.
3. Save more money - stop spending on superfluous items.
4. Lose weight - start walking every day.
5. Manage your time - shut off the TV.

All of these things we know what to do, but we must simply do it.

Are you a person who has all the info? Then act.

Are you a person who acts but doesn't get anywhere? Then learn.

Intake information, exercise the will. The twin actions of accomplishment.

Chris Widener is an example of how anyone can overcome any odds to achieve a successful life and help others achieve the same. Chris has overcome many obstacles... living through his father dying suddenly when he was four, being sent away from his family to live with relatives at age nine and becoming involved with drugs and alcohol by the age of twelve. Chris overcame those obstacles and has for the last ten years worked with some of the most financially successful families in America, helping them to achieve both personally and professionally. Now he can do the same for you!

Consulting Services

Chris Widener is proud to offer his consulting services to you. The following three areas are his specialty areas. If you have been considering the help of an outside source to help you in business or life issues, you'll want to read the following information.

Personal Growth

As a person who has worked for 10 years with people from all sorts of backgrounds, Chris Widener is an expert in personal growth. Our lives aren't just all business. We have intellectual pursuits, spiritual lives, families, hobbies, and recreation to think about too. For the best advice on how to maintain a balance in all of the areas of your life, Chris can be your own personal growth coach.

Business

Starting a new business or just want a boost for an existing one? Chris Widener is the resource you are looking for. Chris has a knack for taking complex issues and boiling them down to a step by step plan of action to help you achieve your business goals. Drawing from his own experience

and a network of successful contacts, Chris can help guide you down the path of success.

Got problems? From small problems to large ones, Chris can help you get solutions! He will help you determine the problem, and then get you on your way to solving the problem in no time.

Sometimes you need an outside source to take a look at what you are doing and provide smart, creative advice. Email Chris today!

Speech Coaching

As a professional speaker, Chris is one of the best. Now, he can help you become your best whether you speak every day or simply have a once a year speech coming up. Chris has both on-site coaching and video assessments available. Email Chris today to find out how you can reach your peak as a speaker.

For strategy, advice, encouragement and an honest appraisal, give Chris a call. 425-444-GOAL