

Episode N°12

Knowing vs Doing

How to Stop Procrastinating and Take Action

It's not knowing what to do, it's doing what you know When you hear those quotes, what do you think?

Number one, 'There is a world of difference between knowing what to do and actually doing it.'

Number two, 'The greatest gap in life is the one between knowing and doing.'

Number three, 'Knowing what to do and not doing it is the same as not knowing what to do.'

Let's say we all know how to get healthy but why do many people end up procrastinating or even give up?

In today's episode, I am so excited to share with you how to stop procrastinating and take action on what you really want to achieve. Are you ready? Let's dive in.

Welcome to the Haute Couture Life podcast. I'm your host Mana, here to help you become the most beautiful goddess version of yourself. Whether it's beauty, style tips, health, or personal growth, this podcast is your Ultimate Guide to becoming happier healthier, and creating the most beautiful life. Are you ready to unlock the secrets? Let's begin.

Hi gorgeous friend. How are you doing? I really hope that you are having fun, doing what you love, and making all of your dreams come true each day.

So, in today's episode, I want to talk about knowing versus doing.

Many of us, truly 'know' what to do right? For example, if you want to get more healthy, and stay fit, we all know what to eat and stretch and exercise at least 2 or 3 times a week. if you want to start a business, keep adding values and showing up something like that. We all know what to do.

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I can't even imagine now but there was a time that I was procrastinating things or I knew deep down what to do but my action was not aligned with it. Can you relate?

Now I have absolutely conditioned myself, especially Tony Robbins's approach, and completely shifted my identity little by little practicing so that I can take actions immediately.

Then I see some friends who know what to do to go to the next level and since I have truly gained skills of how to take massive actions, so today I would like to share some skills of how to take action of what you truly love.

There are some reasons why people don't take action on what they truly love.

The first reason is having not enough big why. Let's say, if you want to have a toned body or beautiful skin, all you need to do is eat enough nutritious food, such as fresh vegetables and fruits, and exercise every day. But have you ever thought about why you want to do that?

If your reason is 'I want to be thinner.' or 'I want to be this weight.' I'm sure it doesn't motivate you. On the other hand, the reason you want to be fit is to win the fitness competition and show what is possible or to enjoy the best experiences of life, if your purpose and the reasons are big enough, the action will follow automatically.

The second reason is that somewhere you don't truly believe that you can do it. Maybe you have done something in the past that didn't work out the way you thought it would. For your information, there is no such thing as failure, we only have the result and you still carry an identity that doesn't support your future. Have you ever said something like, well, I am lazy, I always give up easily, or I am the kind of person who cannot fully commit to one thing?

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When you have this kind of identity, we truly are a self-fulfilling prophecy, so whatever we make it mean, we prove it true. The I am sentence is the most powerful tool to tell the brain what to create. So if you really want to take action, you have to change the I am statement.

What is the one thing you didn't feel like doing but you did it and you felt so proud of yourself? Remember that time and tell your brain that we can do it. The limitation is just what we learned unnecessary as we grow up.

The third reason is we have a tendency to give up easily. Don't you think that as we grow, many of us give up too easily and too quickly? Our brains are wired for easy, quick, and fast solutions, In addition to the fact that in this age of massive technology, we can get answers quickly, so most of us don't have the tenacity that we used to have.

We all have persistence in us. Remember when we were babies? Did you once stumble and say 'See? It's so hard to walk, do I need to give up?' Right? (laugh)

When you face any obstacle, what do you always make it mean? Again, we are self-fulfilling prophecies and literary, what you make it mean is going to prove true. Then isn't it great to have the ultimate skill of proving it true that whatever what you want to believe?

The last reason is feeling overwhelmed. Especially some of us have and love big big visions and goals and when we think about achieving them, it is quite overwhelming. When you feel overwhelmed, what kind of action do you take? Nothing right? (laugh)

But if you make the big vision and the big goals into bite-sized pieces and small actions, you will be amazed at how you can make it happen.

Please remember that reading books, the words might help you to understand something but true life begins when you truly apply with actions.

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We do not read how to walk or ride a bicycle or drive a car. To be honest, we don't need any more information to consume for what to do. Maybe you will need a certain skill set but In order to succeed in what you want, all you need to do is just apply what you know then what you need to do next will come up as you take small steps one by one.

We all learn and grow by only taking action. We all love action-takers, who live big, fully, and with many experiences right? Because they are full of experiences and it is so fun to talk with them. We cannot teach what we haven't experienced to other people.

Some people just ask what is like for others to experiencing it by actions and even if they want to do it, they are not willing to try by themselves. For example, if you want to go to Canada to study English and some tell you 'Ah you don't need to go.' But please, never ever trade your own experience of actions for someone else's words because it is their life based on their experiences and it is completely different from what you are going to experience it.

If you want to live the best life you want, you need to experience it with actions based on your truth and love and this is what I teach you how to do in the upcoming course so stay excited.

So here are some action steps that you can take right after this episode. First, remember your big why you want to do it in the first place. Then, think about the ultimate best case scenario if you take action. Or if it helps, imagine if you don't take action. If it's too painful, the brain will do whatever you want to do that is how we condition our brain. (laugh) Next, write down what is the smallest and tiniest action you can take right now and today toward your desired goal. Start with a super small action, it will build momentum and prove it true that you can do it. Finally, have more awareness and intention in the words you speak, Especially the sentence after I am. Make sure it is aligned with your desired result.

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As you experience by real actions, you will grow and evolve. The next best version is waiting for you. Have a gorgeous week my goddess friend and I will see you on the next episode.

As we wrap up today's episode, I encourage you to take action on what you learned. Visit hautecouturelife.com to leave your comments. I am so excited to hear your takeaways and insights. So, until next time stay beautiful and have an amazing week my goddess friend!