

# FYP : Getting Started

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<http://www.FindYourPace.com>

Starting something difficult can be challenging. It is so much easier to put things off. Why start something you know is going to be unpleasant unless you absolutely have to? Right?

Are you reactive or proactive? Most people are one or the other. Do you prefer to get ahead of situations, to prevent or thwart a possible catastrophe, or do you wait until disaster strikes, then react to the situation at hand?

For your health: Start slowly correcting those poor eating habits. Next, start incorporating a walking routine. Start out with 10 minutes a day. If you cannot get out of the house, then walk around indoors. Climb the stairs if you have them. If you prefer to be outside, then go; get out there! If you have a pool, start swimming. Whatever you do, start by sitting less and moving your body more. This is a good start.

It is very important to find your pace and start exercising "before" your doctor has "the talk" with you about your heart and declining health.



About that new puppy: At first, you get overwhelmed because you do not think you have the time to train it properly. It sounds much easier to take the pup to obedience school and drop it off. However, you can find the time as soon as you find your pace. Find the pace that does work with your schedule.

Ask yourself every day, with your challenges and goals in mind, "what can I do, large or small, to get started?" Establish that pace and go for it!

If you focus on this in all aspects of your life, you will be much more prepared should true hardships occur. As a result, your suffering will be less since you will have developed some endurance to see yourself through the trying times.

You are in control.