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fyp - action or reaction

According to Newton, for every action force there is a reaction. Not only is this true in physics, it's also true in life where we are faced with acting or reacting to situations. Knowing where you stand or what you believe in with regards to certain subjects can allow you to take action long before you find yourself in the sometimes compromising position of reacting.

It's been quoted that action and reaction are opposite but equal. They are both a response. Everything we do or say has a consequence. The difference between action and reaction can be influenced by the simple act of preparation. Planning ahead, arranging your tasks and organizing your thoughts can set you up for strategic action instead of unscripted reactions to the day's events. We are either

being led by our vision or pushed by the demands of many or sometimes even all the outside influences we encounter.

Physics answers the question, "who is pushing on whom and in what direction?" It's said that people spend more time planning their honeymoon than their future goals. We can either be the one using our energy on the front end to create motion or we can use our energy on the back end, fighting to move in the direction we want. Do you spend more time planning a meal or what television shows to watch than you do being ready to be out in the world? Who or what has been pushing you? What direction are you being pushed in?

Take a step back, make a clear distinction between what's pushing or pulling you and in what direction are you being moved? Make preparations to move toward your desired end so that your reactions will be replaced by actions in this New Year!