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Which is better, thought or action?

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I've heard that "It's the thought that counts".
 I've heard that "Action speaks louder than words."
 I've heard that "I think, therefore I am."
 I've heard that "The pen is mightier than the sword."

So – which is "more" right? Which is more important, thought or action?

Well, for me, it's similar to the chicken and egg. They are both equal and critical partners in this evolution we call life.

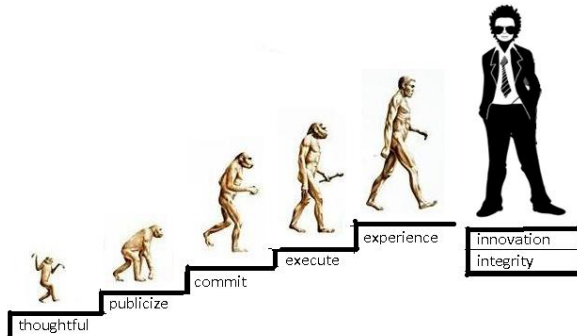
Everything begins with a thought. Without thought there is no action. The idea of the action normally occurs to you before you execute it. Then your action begets a result. And the result normally stimulates a new desire or thought. Without action, there is no "no new thought". We'll acquire similar thoughts...because thinking does beget more thinking. But we would continue to think "the same". It's the action that brings exploration, growth, development to our circle.

There are some interesting caveats to the above theory as well.

Thoughts without action may leads to many interesting and theoretical discussions. But advances in technology and cultures did not end with the original theory. This leads us to the following summary:

- Thoughts without action leaves one stagnant.
- Publicizing or articulating our "thought of action" to others then leads to commitments.
- Commitments without follow-through make one undependable and insincere.
- Avoiding commitments (thoughts without taking responsibility) makes one useless to others and ignorable
- Consistently executing (taking action upon) your commitments builds experience, knowledge and trustworthiness.
 (**Equation for Trustworthiness = Sincerity + Reliability + Competence)
- With skill come confidence, self-assurance, reliability, respectability and integrity.
- With self-confidence and experience, your imagination grows and you are able to have bigger thoughts. Bigger thoughts beget innovation and more breakthrough thinking.

So, it would follow that the evolution of a thoughtful modern man would be:



Conclusion:

These aren't easy steps or even sequential steps. Many cycles occur between and among the steps to achieve the integrity and innovation desired. But, as with any practiced skill, if they are done deliberately and on purpose, greater strides in our growth become not only easier but actually just the next natural step.

About the author



Laura is a certified business and personal life coach. Laura offers one-on-one career and life coaching, small group coaching, seminars and workshops.

She has been in the software and testing industry for over 20 years. She's worked with such companies as IBM, Ericsson, Staples, Fidelity Investments and Sogeti in various client advocacy and project management roles. The techniques she uses in her business coaching and client advocacy work saved these companies both time and money, which resulted in on-time, quality

product delivery with higher client satisfaction.

Laura now uses her client focus, project, quality and people management skills in her personal life coaching career.

As a personal life coach, she helps people integrate their goals and dreams into their everyday lives. Laura uses creative and practical tools to help her clients realize what really matters to them. They then follow-through with project and time management techniques to create the reality they really want.

You can learn more about her at www.RoseCoaching.info and contact her at LauraRose@RoseCoaching.info

The Three T's to "saying YES"

1) Time

- a. Take control over your calendar
- b. Just because it's "happening now" doesn't make it urgent
- c. Expect the unexpected with sprints and buffers
- d. Don't prioritize everything, just your top 3 items

2) Talent

- a. Not everyone around you is incompetent
- b. Greasing the wheels is different than pulling the cart
- c. Don't feed someone else's monkey
- d. Be the CEO of your life

3) Teaching

- a. Sometimes people are looking for "next step" directions, not necessarily asking you to do it
- b. Seeing yourself as the hero just creates more disasters and damsels in distress – teach people to fish.
- c. You don't have to open the door to every Tom, Dick or Harry. Be selective. Deliberately choose your clients, co-workers, and playmates. There are other teachers out there that may be a better match to the rest.