



Pod #307: EFT For Decisive Action (Even When You Feel Uncertain)

<https://tappingqanda.com/2018/02/pod-307-eft-decisive-action-even-feel-uncertain/>

I recognize the fact that I don't know the obvious path forward...I'm not exactly sure what the next step is...I know what I want in a big picture way...It seems so far away that it feels impossible...It seems so distant that it is almost unreal...Because of that I'm not taking any action...Because on a subconscious level I understand since I don't know where I'm heading next...The action I take might be a waste of time...It might be a waste of energy...Because it might be in the wrong direction...It is true this action might not be the next best step...It is true this next action might not work out...I believe that if I start heading in the right direction...Even if it's not exactly the right direction...I'm going to be moving forward in a way that is going to make the next action more obvious...It will make the next step more productive...Success is the accumulation of many small steps...There is no such thing as an overnight success...The small consistent actions heading towards true north will eventually lead me the right way...They might not lead me to exactly what I'm



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heading towards...But they will lead me to a place that is better...They're going to lead me to a richer life...They are going to lead me towards fulfillment...I give myself permission to take that next step...Action creates more action...Momentum creates momentum...Me doing nothing is the fastest way to not achieving my goals...I would rather take an uncertain step...Than stay stuck here...Uncertain steps become confident steps...Confident steps become a path...A path becomes a journey...And a journey leads to fulfillment...It's OK that I am scared...It's OK that I'm overwhelmed...It's OK that I don't know what is next...Making progress comes from taking action...I trust myself in this process to move in the right direction.