MODULE 6: TAKING INSPIRED ACTION
Taking Inspired Action

Introduction

Have you ever had a hunch or a feeling that you should do something and then didn’t do it, only to find out later that your really should have done it! This happens to us all the time. Often, the difference between people who realize there dreams and those that don’t are those people who ACT on their hunches—those who take inspired action. This module discusses the importance of taking inspired action and how to do it.

Objectives

After studying this module, you should be able to accomplish the following:

› Come to a more awakened state—one where you watch for signs.
› Recognize the red flags in your life.
› Follow your inner promptings (hunches), which should lead you to your intentions.
› Create an atmosphere that makes inner promptings more common and easier to recognize.
› Take inspired action!

Pre-Assessment

To assess your current level of understanding about the topics in this module, please answer the following questions. (A Success Journal is available for you to write in, at the end of module 16.)

1. Think about the ways that you make your most important decisions. Do you weigh your options? You consider potential risks and consequences. What if you made your decisions based upon the Divine? How might you do that?

2. Are you sensitive to signs and signals in your life? Do you know them when you see them? Are there times that you are glad you heeded them? Why?
Inspired Action Review

We’ve discussed at length, in other modules, what inspired action is. For example, if you receive an inner prompt to make a call, buy a book, attend an event, or apply for a job, then honor that nudge. Act on it. That nudge is coming from the part of you that is connected to the greater picture. That part of you can lead you to the fulfillment of your goals. It will send the nudge, but YOU have to act on it.

Now, we’ve also talked about how action may or may not be necessary in your situation. It depends on you and what you want. More often than not, you’ll have to take some sort of action. Pay attention to the signs and jump when it feels like it’s part of the Divine plan. When you do, miracles can happen.

Most people who state an intention leave it at that. They don’t do anything else. Sometimes you don’t have to do anything else. Sometimes your intention will trigger whatever is needed, within you, to heal the problem. But more often than not, you have to do something; and only you can really decide what that will be.

Let Go

You have to let go and trust that life itself is taking you to the things that you desire. Let go, trust, and give thanks for your life. As you do so, you should feel different and radiate a different vibration to the world. Believe that better things and experiences WILL come to you.

Concerning this topic, I receive these questions quite often:

But what do I do if I let go?

If I let go, don’t I just sit there?

Doesn’t this seem contrary to action?

The answer is that letting go IS the process of allowing things to be manifested. In other words, you have to do something to achieve your dreams. Now, this could be as simple as answering the phone, making a call, buying a book, joining an association, answering an email, etc. For you to achieve your dreams, you may have no idea what the actions will be; however, you will most likely have to do something, however small or large it may be.

And remember, the Universe likes speed; and that’s why inspired action makes such a difference. Inspired action is any action you take based upon an inside nudge.

“The person who gets the farthest is generally the one who is willing to do and dare.”
— Dale Carnegie
Watch for the Signals

And once you state your intention and have reached the point of letting go, watch for signals that you will receive. Then, act on them instantly. To illustrate this point, consider the following—I call it the red flags theory:

Years ago, I was going to coauthor a book called The Red Flags Theory. It’s a theory that states the following: As you go through life, there are signs to go forward, pause, stop, and even retreat. They are a little like center-lane-bumps on the highway, which tell you to get back into your own lane. I call them green, yellow, and red flags.

The key is to pay attention to the clues, or flags, and to act upon them. When you do so, life seems to flow more smoothly. When you don’t, you may hit jolting bumps, scary rapids, and/or unforgiving walls.

For example, many years ago I took on a client who ended up being a nightmare. I finally had to fire him, return his money, and wish him well. It was a very unpleasant experience. When I reflected on why I signed on with him in the first place, I realized that there were yellow flags waving from the first day I that met him, but I didn’t fully pay attention to them.

Those yellow flags were things like the following: an uncomfortable feeling in my stomach; noticing an odd statement or an odd behavior; or feeling a tiny shudder when he said something about someone that seemed negative or inappropriate. I didn’t pay close attention to those yellow flags because this client was paying me a great deal of money, and I needed it (or thought I did) at the time. Therefore, I let the promise of big money help me to ignore or rationalize my warning flags. However, yellow flags turn into red flags if you don’t do something about them. Ultimately I had to end my relationship with that client.

The point is to awaken, to be responsible, and to act on the flags. A yellow flag doesn’t mean stop; it means to explore with caution. If you can’t resolve it or shake it, you might have to get out of that game. And if you continually ignore the yellow flags, they may soon turn into red flags. So be alert to the yellow flags.

Of course, green flags are the good signs that say that this is the way to go. But if you don’t act, you may get yellow and then red flags on those deals, as well. But often you won’t get a green flag (or any flag)

“Although it may not seem obvious at first, people are actually unhappy because they choose to be.”
— Bruce Di Marsico
until after you’ve taken action. This is a little like being at a football game. There’s no reason to toss a flag on the field before the game begins. But once it starts, look for the flags.

Now, I’ve often begun something because it felt right. After I took action, the game is afoot. From that point on, I have to pay attention and act on all the signs.

Also, as new information becomes available and relationships grow, new flags may also appear. Life isn’t static. The game isn’t over. This is why you have to stay awake in every moment.

I don’t know if I’ll ever write that book devoted to my red flags theory, but I’m hoping this helps you to remember that there are clues in every moment, which are telling you if you’re on course. So, pay attention and act.

How to Take Inspired Action

The following are two simple steps to make inspired action work for you.

**Step One: Set an Intention**

An intention is your declaration about your dream or goal that you want to be, do, or have. This is your request to your subconscious, to the unconscious, and to the Universe itself. The clearer your intention, the better your results.

**Step Two: Follow Your Hunches**

Watch the signals. Listen to your intuition. If you receive a desire to make a plan of action, so be it. Do it. But if you receive a desire to go for a walk, or to watch television, or to surf the Web, then do that. You never know where your inspired action will take you, but because you set an intention (Step One), your intuition will find a shortcut to your dreams!

Inspired action works because your ego can only see limited terrain while the Universe can see it all. Your ego might say, “Write a business plan.” Inspired action comes from the bigger picture, which you can’t always see until you’ve taken the actions you’re being inspired to take.

Finally, the more you can quiet your mind, still your thoughts, and relax your body, the more you will hear the inner voice nudging you in the direction of your dreams. Then, when it speaks, move!
Post-Assessment

Use the following questions to evaluate what you have learned from this module. (A Success Journal is available for you to write in, at the end of module 16.)

1. How will you make your most important decisions now?
2. Are you more sensitive to signs and signals in your life? Do you know them when you see them? What do you do now, when you receive them?

Assignments

☐ Review this module and write down any questions you may have for your coach.

☐ Complete these exercises (on the pages that follow):
  - **Brainstorm**: Brainstorm your wants and write what you want to be, do, or have. (Be prepared to use your brainstorming ideas for the ensuing exercises.)
  - **Intentions**: Set four intentions from your brainstorm list. Once you have set the intentions, you’ll record your signals in the next exercise.
  - **Signals**: As you watch the signals and listen to your intuition, record them. Record your signals (one to four) that inspire you.

Note: You need not be limited by the space provided for the preceding exercises. If you need to set more than four intentions and more than four signals, please feel free to do so.

“Courage is not the absence of fear, but the mastery of it.”
— Mark Twain
Brainstorm your wants and write what you want to be, do, or have. A study by author Brian Tracy revealed that people who simply wrote down their wants and put the list away, discovered a year later that 80% of what they wrote came to be! (Be prepared to use your brainstorming ideas for the ensuing exercises.)
Brainstorm (cont.)
Intention Number One

Set intention one from your brainstorm list—remember that an intention is your declaration about your dream, or goal, that you want to be, do, or have. This is your request of your subconscious, your unconscious, and the Universe itself. The clearer your intention, the better your results. Once you have set the intention, you’ll record your signals in the next exercise.
Follow your hunches. As you watch the signals and listen to your intuitions, record them. If you have a desire to make a plan of action, so be it. Do it. But if you have a desire to go for a walk, then do that. Remember, you never know where your inspired action will take you. Now that you have set an intention (intention one), your intuition will find a shortcut to your dreams. Record your signals for intention one, which inspire you.

Signals Number One
Intention Number Two

Set intention two from your brainstorm list—remember that an intention is your declaration about your dream, or goal, that you want to be, do, or have. This is your request of your subconscious, your unconscious, and the Universe itself. The clearer your intention, the better your results. Once you have set the intention, you’ll record your signals in the following exercise.
Follow your hunches. As you watch the signals and listen to your intuitions, record them. If you have a desire to make a plan of action, so be it. Do it. But if you have a desire to go for a walk, then do that. Remember, you never know where your inspired action will take you. Now that you have set an intention (intention two), your intuition will find a shortcut to your dreams. Record your signals for intention two, which inspire you.
Set intention three from your brainstorm list—remember that an intention is your declaration about your dream, or goal, that you want to be, do, or have. This is your request of your subconscious, your unconscious, and the Universe itself. The clearer your intention, the better your results. Once you have set the intention, you’ll record your *signals* in the following exercise.
Signals Number Three

Follow your hunches. As you watch the signals and listen to your intuitions, record them. If you have a desire to make a plan of action, so be it. Do it. But if you have a desire to go for a walk, then do that. Remember, you never know where your inspired action will take you. Now that you have set an intention (intention three), your intuition will find a shortcut to your dreams. Record your signals for intention three, which inspire you.
Set intention four from your brainstorm list—remember that an intention is your declaration about your dream, or goal, that you want to be, do, or have. This is your request of your subconscious, your unconscious, and the Universe itself. The clearer your intention, the better your results. Once you have set the intention, you’ll record your signals in the following exercise.
Signals Number Four

Follow your hunches. As you watch the signals and listen to your intuitions, record them. If you have a desire to make a plan of action, so be it. Do it. But if you have a desire to go for a walk, then do that. Remember, you never know where your inspired action will take you. Now that you have set an intention (intention four), your intuition will find a shortcut to your dreams. Record your signals for intention four, which inspire you.