



Sunil Bali

Ink-redible...

Given that it was Martin Luther King Day in the USA recently and with the launch of the movie *SELMA*, social media has been awash with King's inspirational words.

But what seems to have been forgotten amidst the poetry and platitudes is the fact that Martin Luther King didn't just have a dream. He also had a plan.

Research by **Professor Sonja Lyubomirsky** at UCLA shows that most unsuccessful people actually know what it takes to be happy and successful. It's not that they don't have the knowledge, it's that they don't plan for success and do what they know.

When it comes to self-help, the problem is that there's plenty of help but not enough self.

There's a \$20billion industry telling us how to be more successful, so we should be tripping over successful people, but that's clearly not the case.

The reason is that most people are practising shelf development rather than self-development. Typically, they read a book or watch a video which inspires them, put it back on the shelf, and then do nothing different because they're afraid of failing. **Robin Sharma** taught me an invaluable lesson to overcome fear: have quarterly goals, a weekly plan and daily schedule before you start each day.

When it comes to delivering your vision, the process of:

- think it
- ink it
- do it
- review it works

When inspiration has dried up and you're going through hell, your schedule will give you the focus to keep going.

Even with a schedule, fear will be a persistent visitor that knocks on your escape hatch telling you to check your e-mail or do what can wait.

Don't listen. Keep surprising us, keep delighting us and keep showing up every day.

© Copyright, Sunil Bali

About the Author

Sunil is a Performance Coach, Speaker and Author.

Ex Head of Talent for Vodafone Group and Santander, and having run a £50m business, Sunil has been responsible for hiring over 50000 people and has had the pleasure of working with some great entrepreneurs, professionals and leaders.

Moving minds - Transforming performance

Co-ordinates

E-mail: sunil@sunilbali.com

Web: www.sunilbali.com

LinkedIn: uk.linkedin.com/in/sunilbali



Important Notice

© Copyright 2015, Bizezia Limited, All Rights Reserved

This article appeared in Better Business Focus, published by Bizezia Limited ("the publisher"). It is protected by copyright law and reproduction in whole or in part without the publisher's written permission is strictly prohibited. The publisher may be contacted at info@bizezia.com (+44 (0)1444 884220).

The article is published without responsibility by the publisher or any contributing author for any loss howsoever occurring as a consequence of any action which you take, or action which you choose not to take, as a result of this article or any view expressed herein.

Whilst it is believed that the information contained in this publication is correct at the time of publication, it is not a substitute for obtaining specific professional advice and no representation or warranty, expressed or implied, is made as to its accuracy or completeness. Any hyperlinks in the article were correct at the time this article was published but may have changed since then. Likewise, later technology may supersede any which are specified in the article.

The information is relevant primarily within the United Kingdom but may have application in other locations.

These disclaimers and exclusions are governed by and construed in accordance with English Law.

Publication issued on 1 March 2015