



By Silver Rose

## ***Passionate Self Care XI – Take Inspired Action***

Action taken in any negative state—resentment, anger or a feeling of victimization—is uninspired and will never produce the results you want Why? Because the **Law of Attraction** says, “You can only attract to you what you ‘are’ in that moment.” If you are resentful, you can only attract circumstances that match and fuel the resentment.

This is why I am encouraging you to only take action when you are inspired to do so. Not only is this an extraordinary way to make the **Law of Attraction** work in your favor, it will also ensure that you produce the results you want with very little effort.

Think about past vacations. (If you can’t remember one, you really DO need Passionate Self Care!) When you scheduled a special event and it was necessary to get up early to go on your adventure, did you rise from your bed moaning and complaining? Of course not! You bounded out of bed, often before the alarm rang, excited to “get at it.”

This is one reason vacations produce such great fun. The action you take is *inspired*. You don’t need to be brought to it kicking and screaming. And, because the **Law of Attraction** is always at work, when you feel good on vacation, you naturally attract additional circumstances that make you feel even better. It can be no other way.

You may very well say to me, “But Silver, if I wait until I’m inspired to take action, nothing will ever get done!” I didn’t suggest you wait until you get “struck” with inspiration. You can create it yourself. How? By asking yourself one simple question that is designed to inspire you:

### ***Why do I want to do this?***

I cannot emphasize enough how incredibly powerful this question is. Answering it causes you to envision the positive result you are trying to produce by taking the action.

Visualizing something is the fastest way to bring it into being. The more clear the picture, the quicker it will happen. Answering the question, “Why do I want to do this?” causes the picture to come into focus easily.

Of course, the possible answers to, “Why do I want to do this?” are as varied as the people who ask it.

Maybe you want to do it because it will please your boss and you like to please your boss. The vision you would hold in your mind is the look on your boss’ face or the note of praise you receive.

You may want to do it because someone suggested you are incapable of doing it and you want to prove you can. The picture that comes into focus could be the look of surprise on the naysayer’s face.

Perhaps you get a real kick out of crossing things off your “to do” list. Then by all means, envision yourself doing so with a great big grin on your face.

Another very good reason for doing something, especially something unpleasant, is because you know it will feel SO good when it’s over. See yourself leaving work with a dance in your step because you’ve completed this important but tedious task. Look at the question carefully. It doesn’t ask, “Do you want to do this?” It doesn’t query, “Why would you want to do this?” It assumes you want to do it, you just don’t realize why. Once you can answer the question, “Why do I want to do this?” you will be able to consciously take inspired action. And inspired action always produces good results.

How will you know if your action is inspired? It will feel good to do it! It’s as simple as that!

When you use this powerful question, you will have learned how to clearly visualize what you want to achieve and you will be naturally inspired to take the next step. If something is “the next natural step,” you will never have to force yourself to do it; it will be a pleasure.

By the way, the more inspired the action, the better the results. Actions inspired in joy produce joyful results.

Key #11 to Passionate Self Care: ***Take Inspired Action***