In today's world, where most individuals are rightfully cautious, there are times that we all should be more proactively, aggressive. When life defines these specific times, we should go into a 100% maximum action state.

When everything aligns to move swiftly and confidently forward, do it. Move forward and know your plan will be supported by your intuitive navigational system.

Attack - Attack - Attack is a controlled action of feelings, attitude and behaviors. It's a proactive state vs. a reactive state.

Attack – Attack – Attack!!

your most challenging issues:

- Procrastination
- Poor habits
- Deadlines
- Asking the difficult/tough questions
- Talking about the elephant in the room
- Having a conversation that is overdue
- Scheduling an appointment with your doctor
- Taking an overdue vacation
- Keeping your family commitments

This list could go on and on. The bottom line is, ask yourself what issues you haven't addressed that need immediate resolution (health, family, work, etc.) and then take action.

Stop slowly dipping your toe in to gain the courage and confidence of handling any discomfort or pain. Proactively attack and get the end result you need to move confidently forward in your life.

This quote from Dr. Wayne Dyer perfectly sums it all up ***"...you must be willing to do somersaults into the inconceivable...."***

Enjoy the rest of your week!

Appreciate the Day,

Mark David