

People Like to Plan and Not Do

Modern humans are strange creatures with peculiar habits that are not seen in the rest of Earth's creatures. Humans always seem to be planning for something. They make plans on the schools that their children will be going to from preschool to graduate school. They plan their career path, their wedding, and their retirement. Humans try to plan for everything. They have vacation plans, traveling plans, shopping plans, work plans, There are even plans to explain why they have to go out with their friends and can't help with the house cleaning chores. We are a race of planners. If you can think of it, I'm sure someone at some time has had a plan for it.

With all this planning, you would think that people would be happy with their results. Unfortunately, many people are unhappy because *things didn't work out according to plan*. When people focus their energies on *planning*, they are not focusing on *doing*.

Planning is only the initial phase in the process to accomplish something. Nothing was ever accomplished just through planning. *You have to take action*. People like to procrastinate and spend an inordinate amount of time planning instead of just doing it. The purpose of planning is not to streamline the action process, but it is used instead as *an excuse to explain why no action has been taken, or why the action taken was unsuccessful*. We see this in politics all the time - *this item has to go into committee for planning and review [so that someone else can take action]*.

Planning gives people a *built-in excuse for failure*. So when they fail, they can blame it on the plan - *the plan was not right, or the plan was not executed properly, and it (the failure) had nothing to do with me*. The truth is that the success or failure has everything to do with you. It was your choices and actions that lead to these consequences. If the results were not what you expected, then you should look to see how your actions or non actions created these results. Only when you acknowledge your active role in creating these results can you begin to create a new experience for yourself. If you spend

more time “*doing*” instead of “*planning*”, you will become more successful and satisfied with your life. It’s your choice and the power of change is within you.

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