**Don’t Hesitate: Dive in Today**

When the ocean water is cold, many of us are tempted to dip our toes first and slowly get all the way in trying to adjust gradually – it doesn’t happen. Instead, we end up prolonging the discomfort. Jumping right in makes us adjust more quickly so we can move more comfortably in the water.

When trying something new it may be tempting to wait for what we perceive is a better time, or for perfect conditions, but this approach will not get you closer to success; so, plunge right in by giving these methods a try.

**Leave perfectionism on the shore**

Do not expect to get everything right the first time. Your first attempts do not have to be successful. Sometimes the experience is more important than the result.3... 2... 1... GO.

Give yourself a countdown to action. By committing to an abbreviated timeline, you are giving yourself a quick win. The quick win is a cata-lyst for success when the overall goal is overwhelming.

**Make daily progress**.

Starting something new can feel scary, causing you to trade in a new venture for the instant relief of comfort and safety from the familiar. But, by putting off a new endeavor, you could be setting yourself up for stress down the road. Get one task done each day to establish and maintain momentum. Immersion beats distraction

**By immersing yourself in a task**,

you are creating a more focused environment. This allows you to acclimate sooner; keeps you en-gaged in the work; and, yields better results.

**Strategize, but don’t overplan**

You don’t have to have it all figured out to take the next step, but taking the next step will help you figure things out.