

Title:

Get Started! Do Something!

Word Count:

750

Summary:

This is about getting started. Taking that first step. It is so easy to moan about our lives a

Keywords:

getting started,motivation,activity,creativity,spontaneity,action,first step,goals,forward,sin

Article Body:

This is about getting started. Taking that first step. It is so easy to moan about our lives a

Do Something to move you towards your goals. Do the things you want to achieve seem too big on

Do Something today that you've been putting off for a while. It's that dreaded word ~ procrast

Do Something for yourself. Enjoy your life now. Don't wait for some far-off time when conditio

Do Something active every day. It doesn't have to be formal exercise, just something that gets

Do Something because you want to, not because you have to. Doing something that you don't want

Do Something new every day. Listen to a different radio station, join a new club, sign up for

Do Something Creative every week. Doodling, gardening, painting, crafts, working with fabrics,

Do Something for nothing. This is really doing something for someone else and not expecting an

Do enjoy this quote.

`It is essential to our well-being, and to our lives, that we play and enjoy life. Every singl

Just remember, if you're feeling flat, even if it's only a little thing, do something!

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