

# KNOWLEDGE

**IS NOT POWER UNTIL IT'S APPLIED**



So far we've learned how to set goals, how to develop and adjust a smart action plan, how to rewire your belief system, how to overcome resistance and how to get into the flow to maximise performance and follow the process from one milestone to another.

**NOW THE QUESTION IS: HAVE YOU APPLIED THIS TO YOUR LIFE? KNOWLEDGE IS NOTHING UNTIL IT IS APPLIED.**

Reading hundreds of books won't help you become smarter if you don't apply any of what you learn. Knowledge is the gathering of information, whereas wisdom is the application of this information in real life. You can have knowledge without wisdom, but you can't have wisdom without knowledge.



A doctor won't become a doctor until she treats real patients with the knowledge she acquired. A teacher won't become a teacher until he teaches real students. As for you and your goals, you need to experiment with and apply the tools and techniques that best serve you on the path to your goals. Mastering the skill and art of living requires more than intellect, it demands wisdom.

**PUTTING WHAT YOU HAVE LEARNT HERE INTO ACTION WILL MAKE YOU MORE WISE.**

Consider the following questions:

- Have you visualized your goals?
- Have you created a smart action plan?
- Have you figured out the 20% of actions that will bring you 80% of your results?
- Have you experienced being in the flow?
- Have you extended your limits to achieve even bigger goals?
- Have you discovered what small actions create the compound effect?
- Have you faced resistance in working toward your goals? What did you do when it happened?
- Have you adapted your goals to evolving circumstances or had to pivot?

If you haven't done or experienced any of these things, then you have most likely fallen into the trap of doing things on autopilot, the path of less resistance and consequently the path of no development or personal growth. If this is you now, take this opportunity to ask yourself why you haven't been putting this knowledge into action, and then make a commitment with yourself to do something about it. **DEDICATE SOME TIME TO START PRACTICING THESE EXERCISES. DO THIS RIGHT NOW!**

It's not the end, there is no end until we die (even then, no one really knows what happens after death.) **YOU ALWAYS HAVE ANOTHER CHANCE TO TRY THESE EXERCISES, AND YOU ONLY FAIL WHEN YOU CHOOSE TO GIVE UP COMPLETELY.**

Knowledge is also better attained when you share it with others. Helping other people achieve their goals is a great goal in itself with a lot of value for everyone involved, and it often offers an added incentive to keep working towards a goal because sometimes it's easier to do things for others. Every goal is as unique as every person. You can learn and master goal achievement by analyzing and applying this knowledge with other people.

My goal with these articles was to share knowledge in short actionable lessons that are helping me move forward in my own life. I hope it has helped you too. If you have been putting this knowledge into action, congratulations, you are awesome and I salute you for your efforts. We would love to hear your feedback about your experience with The Bold app, leave us a message.

Remember, your goals are just a direction. Stay on the path to your goals, be present in the moment, and most importantly, enjoy the process, because it's all about journey.

