



Five Ways to Generate Opportunities and Possibilities

by [Andrew Cooke](#), [Blue Sky GPS \(Growth & Profit Solutions\)](#)

There is only one way to generate real opportunities and possibilities that can take you to the next level, whatever that may be for you. And that is to take action.

Here are five ways to accelerate your ability to take action:

1. "Try not. Do or do not. There is no try" – Yoda (Star Wars)

A great quote that makes a powerful point. If you are going to do something, then DO it! Don't wait around, even worse don't say "I will" or "I can" – although they are intentional they lack intent. Intent is only apparent in action, so take action.

2. Be Present

You can only exist in the present, and similarly you can only take action in the present. Action in the past cannot be changed, and action in the future is planning only. Take action, and do it NOW!

3. Be Focused

Focus on what you can do and what you can influence. Don't focus on what you cannot do or cannot control, it will only waste your time and effort and drain your motivation. Focusing on what you can do and can influence will help you gain traction and accelerate results.

4. Visualize What You Want

This is not just wishing for something to happen. When you visualize you walk through, in your mind, every step that you are going to go through (and what will happen in each step). You don't just imagine it – you see it, feel it, hear it, touch it, and taste. Make it real in your mind. The fact is that your brain cannot distinguish between what happens to you in real life and what you visualize in your mind. Visualizing helps you to do what needs to be done effectively when you actually



take action. Practice visualizing what you are going to do which will help you get you what you want.

5. Stop Procrastinating

Procrastinating uses and wastes your most precious resource, your time. Time once spent can never be regained. Often people procrastinate in the hope that a problem or issue will go away, or that someone else will sort it out for them. Get used to the fact that this very rarely happens, and if it does then you have abdicated any control or influence over the results that occur. Stop procrastinating and take action, this will help you generate opportunities and possibilities.

Take one of these choices now for yourself, right now, today. What is the impact of doing this for you? What have you achieved? Share your experiences here below in the comments section!

About Andrew Cooke

Andrew Cooke is known for his work with executives, managers and teams in helping them to grow, develop and achieve results. Using a blend of consulting, facilitation and coaching he is noted for his ability in "bringing people potential to life". Andrew takes the time to understand and assist successful business executives in creating a customized plan that allows them grow and develop their leadership effectiveness. In doing this he guides executives to manage, direct and make change work for them and their stakeholders and teams in an increasing volatile, uncertain, complex and ambiguous business environment. From this he helps others to become more successful in both what they do and how they do it.

Andrew demonstrates a proactive attitude and empathy that blends enthusiasm, energy and a pragmatic approach in engaging leaders and their stakeholders. He has over thirty years of international business experience and insights on which to draw, and has worked with blue-chip clients and other leading businesses across a range of industries. Andrew is passionate about helping others to be more successful personally and professionally

Qualifications & Accreditations

Andrew is an experienced international expert in executive coaching, leadership development and business consulting. He has qualifications, certifications and accreditations from recognized leading global organizations, including:

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Blue Sky GPS (Growth & Profit Solutions)



- Masters of Business Administration (MBA), London Business School, UK
- International executive coach with certifications for Marshall Goldsmith Stakeholder Centered Coaching and Global Leader of the Future 360⁰ Assessment
- Accredited Coach with Human Synergistics for:
 - Leadership Styles Inventory (LSI)/ Group Styles Inventory (GSI)
 - Organizational Culture including:
 - Organisational Culture Inventory[®] (OCI)
 - Organisational Effectiveness Inventory[™] (OEI)
 - Customer ServiceStyles[™] Survey (CSS)
- Accredited DISC Facilitator & Coach
- Bachelor of Business BA (Hons), University of Plymouth (UK)
- Diploma from the Institute of Marketing (UK)