



Matthew Henderson:

Good morning, Business Mind Podcast members. Have you taken the first step yet? I have one map from the Business Mind Podcast..

All right. In today's podcast, we are going to discuss just taking the first step. And the reason is I have a friend and he's got someone close to him that's just having a hard time with the first step and well, I figure this person cannot be the only one. And I know I've been there, so I wanted to talk to everybody about it today. Now I'm sure you've been wondering, "Where the heck has Matt been?" Well, I know, I've taken a couple weeks off. Not even a couple weeks, probably been 10 days because I've been all over the place.

I was out of town for a couple days, for my anniversary which was awesome and nice and a great way to just reset, reboot, like I always talk about, take a day, take two, for me I took four. Not a big deal, not a full vacation, but you know what, it helped me just recharge a little bit and get back on track for where I needed to be. And actually I didn't recharge as much as I needed, so not lying about it, but just, I needed to do a better job on that and that's something I need to focus on. But something I did think about while I was gone is just, those people taking their first steps, just like I had to do at some point and just like I keep doing with the different businesses that I've been working on. So a lot of times I've gotten into business and realized that I wasn't 100% sure of my first steps or 10th step or the 20th step. But what I was sure of is that I needed to take the first one.

And that's really what I wanted to talk to everyone on the podcast about today, because I've got someone close to me who is a dear friend and his significant other is having a hard time taking that first step. And it's understandable, I don't want to get into detail and give it all away, but this person had some stuff take place, and it's made it very difficult for them to figure out exactly where they want to be in life, and what kind of jobs they want to do and where they see themselves going in the future. And is any of this sounding familiar? Right. We've all been there.

I feel like at some point where you just don't know what that first step is and you don't know where to go. Or maybe you do know the first step, but the fear of just making a poor decision or not making the right decision, or maybe just the fear of not knowing whether this is that right decision, is stopping you from even taking step one. And it's difficult for everyone. For me, it's terrible because I was that person at a certain point where I had a fear of taking the first step. And I'll be honest at a few points in my career, it was because I had people in my ear telling me, "These weren't the right moves, this isn't the right step, you won't succeed, why don't you just go work for somebody else?" All the things that I'm sure happened to everyone. You get these little people sitting on your shoulder and they decide in their mind, they need to whisper in your ear and tell you, sometimes they're not whispering they're screaming.

They need to tell you exactly what the right choice is for you to make in life. And I believe what happens is it paralyzes people to a point that you wind up not even taking a step. And first off that's terrible. If you're the person doing that to somebody else, that's awful. You should back off. Let people live their own lives and decide exactly what's going to work best for them. But what everyone should be doing is just encouraging others around you to take step one. And whatever it is, just take step one.

Now, for me, it wasn't until I really started to figure out what I wanted to do, which is internet marketing, digital marketing, digital advertising. I really want to sell products online, and ideally I would like to sell digital products online and be able to help others with my services, that's what I would like to do. Now for everybody else, I don't know that you figured that out yet, what you want to do. And it's okay if you haven't, but maybe that's just your step one that you're going to work on today. And that's going to just be that first step you take is sitting down and spending a few hours, thinking about the big domino that you need to knock down in order for you to move ahead and move forward in your life and your career. And now I know that the person that I'm really, I guess in my mind, I'm making this episode for is not a listener, but that's okay. They don't have to be your listener.

I think they'll eventually get to the point of listening. And that'll be when they've taken the first step to see where they need it to go. And when they get to this episode, they'll know, "Holy cow, this was the one I probably should have listened to first." But it's okay, you need to listen to all the episodes that I have, which if you're listening on iTunes, I apologize, not all the episodes have transferred over to here. So you might have to go over to your Spotify to go listen to the rest of the Business Mind Podcast episodes going all the way back to the beginning. Because if you're picking up now on iTunes, there are a whole ton of them that are not on there, and I can't figure out how to get them moved over yet. So I got to talk to somebody and figure all that out. But I digress, let me get back to the point here.

I want to just be here to motivate you to take step one. Maybe yesterday wasn't the day you thought it would be, and that happens to a lot of us. But the big thing is what are you doing today? And if today is not what you want it to be, then ideally, what are you going to do tomorrow? Those are the steps you need to look at. Stop dwelling on, "Oh my gosh, X, Y, or Z has already happened to me. It's held me back. It's held me down. It made me mad. It made me upset. It's destroyed my life." Whatever is going on, you have to let that go, and just start to think about, what's my step for tomorrow? And if you can figure out what tomorrow's step is, you're going to feel 100 times better today. And then tomorrow when you're realizing what the next step is after that, you're going to feel a 100 times better tomorrow too.

So it's just going to compound and keep snowballing and rolling down the hill and become this big, massive thing that's unstoppable. And that's what's going to happen with your life and your career and your happiness, it's going to be unstoppable. And that's why everyone just needs to take the first step. And I understand it's got to be the hardest step to take, but I'll guarantee you one thing, it's not going to be the last one that's challenging. And that's what's happened with me, it's not the last challenging step I had to take. That first one was the most difficult one I had to take, but once I found my path, like I said, digital marketing, digital advertising, affiliate marketing. Once I found ClickFunnels, it's been everything for me.

I've been going wild and building tons of funnels. I'm using it from one of my current businesses and I'm going to grow our business through funnels and it's going to change everything about my career. And if you guys want to have that chance that I did just using ClickFunnels by all means email me, Matt@theclickfunnelguru.com. Another email for me, Matt@nestadigital.com. That's my company name. Nesta digital, N-E-S-T-A digital.com. So I want to help you get to that point. I want to assist you getting to that point that you feel the same way I do. I want to help you find that cool tool to add to your arsenal that's going to help you get ahead of everybody else. And for me it was ClickFunnels, and I

honestly believe that for most people involved in any form of business today ClickFunnels can definitely be the answer for you too.

Whether you're just looking for an affiliate product to sell, they have those for you. If you're looking for a system and a path, that can be set up for you as well. And if you want to hear more about it, you want to figure out how to use it as your path to your online success or to your business success in general, then reach out to me. Like I said, either one of those emails and I will definitely help you get started on that, and give you some insight as far as the steps that you need to take to get ahead in the digital marketing or internet marketing space. And you're going to succeed just like I'm succeeding with.

So I'm rolling up to the office now. So I don't want to keep ranting about this, but I do have to say for those of you who haven't taken that first step, just hear what I'm saying today. Focus on step one, don't worry about where step two's going. Don't worry about two years from now where it's going. Just think about today. What is the one thing that you can do to take a step? And it doesn't even have to be a big deal, it just has to be a step in the right direction.

Okay? If you have any questions, comments, or want to hear an episode about something, please reach out to me. Like I said, Matt@nestadigital.com, and I will gladly go over some stuff with you and help you figure out what the right path is for you. And if you want to hear about ClickFunnels or try ClickFunnels for free, definitely hit me up at those emails, and I'm going to set you up with a couple of free weeks to try out ClickFunnels, and give you a shot at figuring out if that's the right path for you. All right guys, if you could please share this episode, share the podcast with a few people, tell them where you're hearing this and how you feel about it, I would greatly appreciate it. If you could leave me a review on iTunes or Spotify, that would be awesome. All right everyone, Matt, from the Business Mind Podcast, I hope you have an awesome day and conquer everything you need. Talk to you again soon.