How Do You Know You're Ready?

Anyone who knows me, knows I ask a lot of questions. Thankfully, my clients have said they appreciate it because I seek to understand and pose questions that help generate ideas.

I guess I've been curious all of my life. When I was little, I remember spotting a mound of ants. I noticed one small ant carrying a piece of what looked like a potato chip. I bent over to observe a little closer. I wondered what would happen if I took away that piece of chip. Would he find another piece? Would he get upset and call his friends over? After taking it away, I gave it back. It took a while, but the ant finally picked it back up and walked away. If ants have feelings, I'm sure he was a little ticked off. I was ready for the colony to band together and come after me, but none of that happened. I was ready for something to happen and it didn't.

Recently, when I overhead someone say, "I'm not ready to retire" it got me wondering "how do you know?" At different points in your life, I'm sure you asked yourself, am I:

- Ready for college
- Ready to lose weight
- Ready to retire
- Ready to go pro
- Ready to start a business
- Ready to get married
- Ready to remarry
- Ready to let go
- Ready to have children
- Ready to make a career change
- Ready to grow my business
- Ready to buy a dog

The list of things to get ready for can be endless. Recently, I typed in a search engine "define readiness." There was a wide variety of sources defining readiness but they all said similar things: the condition, state or quality of being ready. So, what were those conditions, states, factors, or qualities that helped you know that you were ready?

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Business/Change Expert

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Further, have you ever thought that you weren't ready for something and did it anyway; and upon reflection, there was a positive outcome?

I'm interested in hearing your story about a change you made. What were the conditions, factors, or qualities involved where you knew you were ready to make that change? Was it more of a feeling or were there tangible factors?