

From Idea to Action: The Power of Thought

Book review prepared and presented by

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Book writing is an ambitious undertaking. And William Shakespeare taught us in *Julius Ceasar* that ambition is made of sterner stuff. As Jaki E. Wasike–Sihanya, the author of *From Idea to Action: The Power of Thought*, points out, she would sleep early and wake up in the middle of the night to catch Life Coach training online because it was coordinated from the US. Our children Kennedy and Atieno can testify to this. Writing consumes skills, judgment, time, energy and resources and therefore calls for patience, dedication and commitment.

The thought and courage depicted by the writer in *From Idea to Action: Power of Thought* is in itself a display of how to convert thoughts to action. She had an idea to write a book which she gave a purpose and subsequently realized.

The writer has divided the book into sections with each written sequentially and related to the preceding sections. This ensures flow.

How to optimize your use of this book

The writer highlights some of the ways in which readers may optimize their use of the book. This is unusual in many books though very important in making the reader formulate her objectives that she intends to achieve by reading the book and thereafter in implementing the thoughts and ideas elucidated in the book. She also explains what the book is all about.

She emphasizes that the book is designed to provoke reflection and introspection rather than give answers. The reader is reminded to think about her experiences to provoke own learning. As she worked on the issues in this book Wasike-Sihanya gave me a journal article on psychiatry that helped me appreciate the need for an optimal amount of introspection on the past, present and future reflection on the past; dealing with the past mainly as a lesson for the present and the future. We must need playwright John Ruganda contention through a character in *The Burdens*: some dwell on the past to “make the present tolerable and the future worth waiting for.”

Take charge of your imagination

Wasike-Sihanya dwells on taking charge of personal imagination. She states that this means giving form or “name” to one’s idea. It also helps to channel an individual’s creative power to something concrete.

Give purpose to your Idea

Wasike-Sihanya elaborates what is involved in giving purpose to one's ideas. She explains directly and through analogies. She states that there may be no evidence that one's idea is a good one, or that it is the right time to execute it. She states that in the early phases of conception of the idea it is essential that one believes in oneself and one's ideas or thoughts. This is through taking action to realize the dreams. We must make a move from Idea to Action. She quotes Nikita Koloff who stated; "if you expect to succeed, you will succeed." That reminds us of the power of positive thinking in Dr. Norman Vincent Peale's work.

To realize one's dreams one must plan on how to actualize them. One must also set goals which in this case may give long term, middle term and short term motivation. One also needs to evaluate one's resources and factors that may act as obstacles to achieving the outlined goals or dreams.

The book points the need to persevere harsh situations. She quotes Peter Williams who said: "Be willing to be uncomfortable. Be comfortable being uncomfortable. It may get tough, but it's a small price to pay for living a dream."

What might stop you

Wasike-Sihanya also discusses what may stop one from turning Ideas into Action. She acknowledges that there may constraints while actioning one's ideas or dreams. These include:

First, limiting beliefs. Self limiting beliefs, limiting beliefs about others and limiting beliefs about the world. Second, fear. Here she quotes Nelson Mandela who said; "I learned that courage was not the absence of fear, but the triumph over it. The brave man [and woman] is not s/he who does not feel afraid, but s/he who conquers that fear." She explains three levels of fear. She points out that in order to overcome fear we need to acknowledge it, acknowledge where we are, take small steps to overcome, enlist help, realize that this too will pass and finally burn the boats. The third constraint is lack of skills and knowledge.

Examples of goals, dreams

Wasike-Sihanya identifies, discusses and categories goals as follows:

- a) Career goals
- b) Financial goals
- c) Educational goals
- d) Health and fitness goals
- e) Community goals
- f) Personal goals

- g) Spiritual goals
- h) Leisure goals
- i) Family goals

These goals or dreams are important to all of us male or female; young or old; rich or poor.

Vision your idea to reality

The author concludes by urging the reader to vision our ideas to reality; it is not enough to formulate a thought and prepare a plan. One must concentrate on that thought and have faith that one's idea will come to fruition.

Wasike-Sihanya summarizes by quoting Walt Disney: "Somehow I can't believe that there are any heights that can't be scaled by a person who knows the secrets of making dreams come true. This special secret is curiosity, confidence, courage, and constancy, and the greatest of all is confidence. When you believe in it all the way, implicitly and unquestionably." Walt Disney

The writer has made good use different writing styles such as the use of:

First, personal experiences of others and of the authors; second, others works; third questions; After reading the paragraph "The Bird" the reader is expected to state her reflection of the story.

These styles of writing make the reader part of the problem solving and decision making process as the book unfolds. This enables the reader to solve some of his/her own problems.