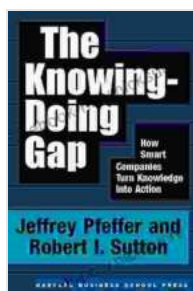


The Knowing-Doing Gap: Why We Don't Do What We Know We Should



The Knowing-Doing Gap: How Smart Companies Turn Knowledge into Action by Robert I. Sutton

★★★★☆ 4.5 out of 5

Language : English
File size : 768 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 301 pages

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The knowing-**ng** gap is the space between knowledge and action. We all know what we should do to be healthy, but we don't always do it. This gap can be frustrating, but it's also an opportunity for growth. By understanding the reasons for the gap, we can find ways to bridge it and take action on our goals.

Reasons for the Knowing-**ng** Gap

There are many reasons for the knowing-**ng** gap. Some of the most common include:

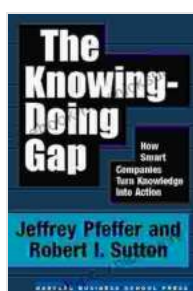
- **Lack of motivation.** We may know what we should do, but we don't always have the motivation to do it. This can be due to a variety of factors, such as laziness, fear, or procrastination.
- **Lack of confidence.** We may not believe that we can do what we need to do. This can be due to a lack of self-confidence or a lack of experience.
- **Lack of support.** We may not have the support we need to take action on our goals. This can be due to a lack of support from family, friends, or colleagues.
- **Lack of resources.** We may not have the resources we need to take action on our goals. This can be due to a lack of money, time, or knowledge.

How to Bridge the Knowing-**ng** Gap

Once we understand the reasons for the knowing-**ng** gap, we can start to take steps to bridge it. Here are a few tips:

- **Set realistic goals.** If we set our goals too high, we're more likely to give up. Instead, break down our goals into smaller, more manageable steps.
- **Make a plan.** Once we have our goals, we need to make a plan for how we're going to achieve them. This plan should include specific steps and deadlines.
- **Get support.** We're more likely to succeed if we have support from others. This can be from family, friends, colleagues, or a support group.
- **Take action.** The most important step is to take action. Don't wait for the perfect time or the perfect circumstances. Just start where you are and do what you can.

The knowing-ng gap is a real challenge, but it's one that we can overcome. By understanding the reasons for the gap and taking steps to bridge it, we can take action on our goals and achieve our full potential.

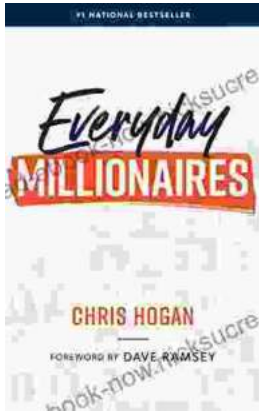


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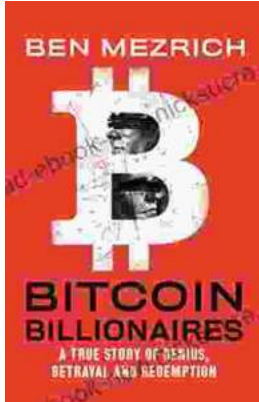
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