

PART 2

- LIVE YOUR DREAM (NOT THAT OF OTHERS FOR YOU)
- BE CLEAR WHY YOU'RE HERE
- PICTURE WHAT YOU LOVE TO DO
- ORGANIZE YOUR LIFE AROUND THAT
- BE ON PURPOSE
- VISUALIZATION EXERCISES
- BELIEVE YOU CAN DO IT
- CREATE, WRITE & PRACTICE YOUR AFFIRMATIONS
- MEDITATE, READ & LISTEN TO YOUR AFFIRMATIONS, VISUALIZE WHAT YOU WANT DAILY

BE CLEAR WHY YOU'RE HERE

- IN A FEW SENTENCES WRITE WHY YOU BELIEVE YOU ARE HERE.
- CHOOSE ONE REASON AND FOCUS COMPLETELY ON IT.
- WAVERING BACK AND FORTH WILL WEAKEN YOUR FOCUS AND REDUCE THE CHANCE OF ACHIEVEMENT OF YOUR GOAL.

PART 2

DON'T LIVE SOMEONE ELSE'S DREAM

- DON'T BE LIMITED BY BELIEFS & SUGGESTIONS OF:
PARENTS/TEACHERS/FRIENDS/SPOUSES, ETC.
- DON'T BE DISCOURAGED BY THE NEGATIVITY OF OTHERS!
- YOU CAN AND MUST LIVE YOUR DREAM!!!

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- CHOOSE ONE REASON AND FOCUS COMPLETELY ON IT.
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WHAT WERE YOU PUT ON THIS EARTH TO DO?

“DECIDE ON YOUR MAJOR DEFINITE PURPOSE
IN LIFE AND THEN
ORGANIZE ALL YOUR ACTIVITIES AROUND IT.”

BRIAN TRACY

ONE OF AMERICA’S LEADING AUTHORITIES ON THE DEVELOPMENT OF
HUMAN POTENTIAL AND PERSONAL EFFECTIVENESS.

TO BE “ON PURPOSE” MEANS

- YOU’RE DOING WHAT YOU LOVE TO DO
- YOU’RE DOING WHAT YOU’RE GOOD AT
- YOU’RE ACCOMPLISHING WHAT’S IMPORTANT TO YOU
- YOUR LIFE TAKES ON NEW MEANING AND GIVES YOU A SENSE OF PRIDE AND FULFILLMENT

WHEN YOU ARE TRULY AND PASSIONATELY “ON PURPOSE”:
THE PEOPLE, RESOURCES AND OPPORTUNITIES YOU NEED
NATURALLY GRAVITATE TOWARD YOU.

“WHY” DO YOU DO EVERYTHING YOU DO?

- KNOWING YOUR LIFE PURPOSE PROVIDES A GUIDE YOU CAN FOLLOW TO ESTABLISH AND ACHIEVE YOUR GOALS AND ACTION PLANS.
- ONCE YOU KNOW WHAT YOUR PURPOSE IS YOU CAN ORGANIZE YOUR LIFE’S ACTIVITIES AROUND IT!
- (WITHOUT IT - YOU MAY DRIFT LIKE A BOAT WITH NO ONE AT THE HELM.)

DECIDE WHAT YOU WANT!

- TO BE
- TO DO
- TO HAVE
- TO ACCOMPLISH
- TO EXPERIENCE

VISUALIZATION EXERCISE

CLOSE YOUR EYES AND PICTURE:

- A LARGE, BRIGHT RED, JUICY APPLE BEING CUT INTO SLICES.
- PICK UP A SLICE AND TASTE IT.
- IS IT SWEET, VERY FRESH AND JUICY?
- HOW DOES IT MAKE YOU FEEL?
- NOTICE WHAT IS HAPPENING TO YOU.
- NOW, PICK UP A SLICE OF FRESH LEMON & TASTE IT.
- IS IT THE SAME AS THE APPLE?
- WHAT'S THE DIFFERENCE?

VISUALIZE WHAT YOU WANT TO CREATE

“CREATE YOUR FUTURE FROM YOUR FUTURE,
NOT YOUR PAST!”

WERNER ERHARD
FOUNDER OF EST TRAINING AND
THE LANDMARK FORUM

VISION EXERCISE FOR YOUR LIFE

VISUALIZE EXACTLY WHAT YOU WANT IN EACH OF THE FOLLOWING AREAS OF YOUR LIFE:

1. FINANCIALLY
2. YOUR HOME
3. YOUR CAR
4. YOUR IDEAL JOB OR VOLUNTEER ACTIVITIES
5. YOUR RELATIONSHIPS
6. YOUR PHYSICAL HEALTH
7. YOUR COMMUNITY

BE SURE TO CAPTURE EVERYTHING IN WRITING!!!

SHARE YOUR VISION FOR MAXIMUM IMPACT

BELIEVE IT'S POSSIBLE

“THE NUMBER ONE PROBLEM THAT KEEPS PEOPLE
FROM WINNING IN THE UNITED STATES IS LACK OF
BELIEF IN THEMSELVES.”

ARTHUR L. WILLIAMS

FOUNDER OF A.L.WILLIAMS INSURANCE CO.
WHICH WAS SOLD TO PRIMERICA FOR \$90 MILLION DOLLARS

CARTOON

A MAN AND HIS WIFE STANDING ON THE STREET IN FRONT OF A BOOKSTORE ADVERTISING “SELF-HELP” BOOKS AND A SIGN THAT SAYS:

“BESTSELLER! VISUALIZE SUCCESS!”

HE SAYS: “I CAN’T SEE THAT WORKING FOR ME!”

I CAN VERSUS I CAN'T

MUSCLE TESTING EXERCISE

WITH YOUR EYES CLOSED IMAGINE:

HOW YOU WOULD FEEL IN EACH OF THE FOLLOWING CIRCUMSTANCES:

- A CLOSE CONNECTION WITH YOUR CREATOR.
- AN IDEAL RELATIONSHIP WITH A SIGNIFICANT OTHER.
- IDEAL RELATIONSHIPS WITHIN YOUR FAMILY.
- FUN EXPERIENCES WITH YOUR FRIENDS.
- A HEALTHY AND FIT BODY.
- LIVING IN YOUR DREAM HOME OR PLACE OF YOUR CHOICE.
- FREE OF DEBT WITH AMPLE FUNDS FOR ALL YOUR DESIRES.

WHAT WILL IT TAKE TO ACCOMPLISH ALL THIS?

WHERE NECESSARY, IT WILL TAKE MAKING CHANGES TO YOUR HABITS AND BELIEF SYSTEM BY **SYSTEMATIC AND FREQUENT REPETITION** OF YOUR DESIRED OUTCOME USING THE TOOLS OF:

- AFFIRMATION
- VISUALIZATION
- MEDITATION

“IT TAKES SERIOUS CONSCIOUS EFFORT TO REWIRE THOUGHTS AND BEHAVIORS ROOTED IN THE SUBCONSCIOUS, BUT IT IS NOT HARD.”

JOHN ASSARAF

KEYS TO FORMING AN AFFIRMATION

AN AFFIRMATION IS A POSITIVE STATEMENT AFFIRMING WHAT YOU WANT IN YOUR LIFE AND MUST BE STATED:

- IN THE PRESENT TENSE (AS IF IT IS ALREADY PRESENT).
EX. I AM SO HAPPY THAT I AM DEBT FREE. (EVEN THOUGH YOU MAY STILL OWE A LOT OF MONEY. — REMEMBER THE SUBCONSCIOUS DOESN'T KNOW THE TRUTH, SO WE HAVE TO TRAIN IT.)
- USUALLY BEGINS WITH THE PHRASE “I AM”.
- MUST CONTAIN AN EMOTION! (THE SUBCONSCIOUS RESPONDS TO YOUR FEELINGS.)

YOU GET WHAT YOU EXPECT

- **STUDY: PARTICIPANTS AT BAYLOR UNIVERSITY HAD SEVERE PAIN IN WORN-OUT KNEES:**
- **ONE GROUP WAS GIVEN ARTHROSCOPIC SURGERY**
- **A SECOND GROUP UNKNOWINGLY RECEIVED A “PRETEND” SURGERY.”**
- **TWO YEARS LATER – THE PATIENTS WHO UNDERWENT THE PRETEND SURGERY HAD IMPROVEMENT IN PAIN AND KNEE FUNCTION EQUAL TO THOSE WHO HAD ACTUALLY RECEIVED SURGERY.**
- **WHY? HOW IS THIS POSSIBLE? BECAUSE THEY EXPECTED IT!!! (*THIS IS KNOWN AS THE PLACEBO EFFECT.)**

AND YOU GET WHAT YOU BELIEVE

- TIGER WOODS - RECENT COMEBACK AFTER 5 YEARS!
- PHILADELPHIA PITCHER TUG McGRAW STRUCK OUT BATTER WILLIE WILSON TO EARN THE PHILLIES 1980 WORLD SERIES.
- IN A LATER INTERVIEW HE SAID: "IT WAS AS IF I'D BEEN THERE A THOUSAND TIMES BEFORE. WHEN I WAS GROWING UP, I WOULD PITCH TO MY FATHER IN THE BACKYARD."

YOU MUST BELIEVE!

**YOU CAN BE ANYTHING YOU WANT TO BE, IF ONLY
YOU BELIEVE WITH SUFFICIENT CONVICTION AND
ACT IN ACCORDANCE WITH GREAT FAITH, FOR:**

**“WHATEVER THE MIND CAN CONCEIVE AND BELIEVE,
THE MIND CAN ACHIEVE!”**

NAPOLEAN HILL

BESTSELLING AUTHOR OF *THINK AND GROW RICH!*

IT'S NOT WHAT YOU DON'T KNOW THAT IS HOLDING YOU BACK: IT'S WHAT YOU DO KNOW THAT ISN'T TRUE!

STORY: CLIFF YOUNG -66 YEAR OLD POTATO FARMER.

- ENTERED ULTRAMARATHON (544 MILES) OF FLATS & HILLS THAT WOULD TAKE 6-7 DAYS TO COMPLETE.
- RUNNERS COULD EAT & SLEEP AS THEY CHOSE.
- WINING PRIZE WAS \$10,000.
- CLIFF CROSSED THE FINISH LINE 10 HOURS AHEAD OF THE NEXT RUNNER - HE COVERED 544 MILES IN 5 DAYS, 15 HOURS AND 4 MINUTES - THE QUIVALENT OF 4 MARATHONS

MORAL OF THE STORY: IT'S WISE TO QUESTION ALL OF YOUR ASSUMPTIONS AND BE OPEN TO NEW POSSIBILITIES!

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TAKE ACTION!

- **YOUR SUCCESS IS UP TO YOU!**
- YOU MUST TAKE RESPONSIBILITY FOR YOUR LIFE IF YOU WANT TO LIVE THE LIFE OF YOUR DREAMS!
- DISPENSE WITH ALL DOUBT AND NEGATIVITY!
- FOCUS ONLY ON WHAT YOU WANT (NOT WHAT YOU DON'T WANT)!
- CHANGE YOUR OLD BELIEFS BY REPLACING THEM WITH NEW ONES!
- SPEND TIME REVIEWING YOUR DESIRES SEVERAL TIMES A DAY THROUGH MEDITATION, VISUALIZATION AND REPETITION OF AFFIRMATIONS!