

# ENVISION IT, MAKE IT HAPPEN:

## *Bring Your Goals to Life*

In order to achieve big things in your life, you must be willing to think big. You should dream big and envision your goals to make them happen. Achieving your targets & goals is best achieved when you can imagine every detail of what it is you want to achieve.

*When you're busily working toward bringing your goals to life, you also feel happier and more fulfilled in your journey.*

***Follow these steps to bring your goals to fruition by envisioning what you want in life:***

### **1 Close your eyes and imagine your future.**

Where do you see yourself in a year, five years or ten? Try to think as far ahead as you comfortably can. Do you see yourself with a family. children, a steady job, and a college degree in ten years?

### **2 Try to have as vivid a visualization as you can.**

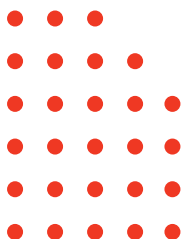
Pay attention to every detail, and let your dreams come to life in your mind, showing you what matters most to you. Think about where you want to be in the future and how you want to get there.

### **3 Write down everything you envision.**

Use as much detail as you can when jotting down what you remember. Write down the most important achievements that you focused on, but also the details about each. What matters most to you?

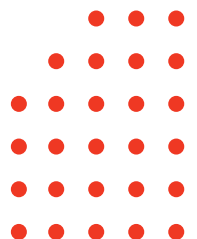
### **4 Note the things that stood out in your visualization.**

Did you own your own home? Were you raising a family? Did you have a job that made you happy? Were you making a comfortable income? What other details stood out? How did you feel?



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**Follow these steps to bring your goals to fruition by envisioning what you want in life:**

## **5 Create a list of bullet points.**

Do this for each separate achievement that you wrote about following your visualization. For example, if one of your achievements is 'I own my own home.' then you can list things like you are successfully saving for a down payment that you're making monthly mortgage payments, and you have a steady job.

## **6 Break each of these bullet points down into goals.**

For example, if one bullet point was to save for a down payment for the home you visualized. How can you get there? Create savings goals that will allow you to work toward having a down payment for your home.

## **7 Lay out your plan.**

Once you have a list of long term, medium term, and short term goals in mind, create a plan accordingly. How will you achieve these goals? How will you bring the life that you visualized into existence? ***Divide your large goals into achievable steps.***

## **8 Start achieving goals today.**

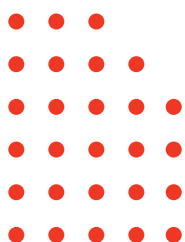
Put your future plans into action today, Vow to take a small step each day toward the future you have envisioned. ***Move forward every day***, even if you are only taking small steps at a time.

## **9 Revisit your plan consistently.**

Visualizations, dreams, and hopes change over time. Revisit the plan that you laid out and the future goals that you dreamed up on a consistent basis to ensure their relevancy over time, It's okay to change your dreams and goals based on your needs and desires as they change.

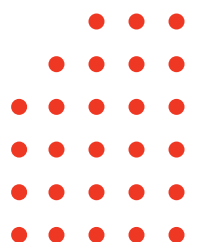
**Visualizing the "dream you" is an excellent way to bring your goals to the forefront when you're trying to determine what matters most to you.**

**When you can picture what your desired life is like, you can better determine the goals you need to set and achieve to get there. *All it takes are small steps toward your desired future self, and you can achieve the life you deserve!***



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# HOW TO MAKE A VISION BOARD TO *Reflect Your Life Goals*

**Do you feel you need a push to focus on your goals? It can be very effective to have daily reminders of what you want to accomplish. But how is it possible to keep your goals in mind every day? One way to consistently work toward bringing your dreams to life is to make a vision board.**

## ***What is a Vision Board?***

A vision board is a craft project - a collage that includes pictures and words that reflect your life goals. The board can address your life in general or one or more specific areas you choose.

A vision board shows what you're seeking in life. It prompts you to consider what you want. Before starting your board, ask yourself what your goals are. What do you want your life to be like?

## **Preparing to Construct Your Vision Board**

### ***Follow these preparation steps:***

#### **1 Gather supplies.**

Use a large square or rectangle of poster board or foam core board as the base of your vision board.

- ▶ You'll need colored ink markers, magazines with plenty of words in headlines and pictures, scissors, and glue.

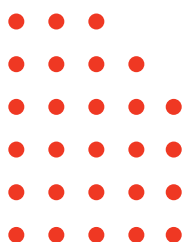
#### **2 Ponder what you'll include in your board.**

Decide the life area(s) you wish to address: all aspects, such as prosperity, relationships, family, sports, health, school, jobs, and careers or just 1-2 of your most-sought-after goals

- ▶ You'll use pictures and words about the things you desire, the place(s) you want to live, and anything else representative of the lifestyle you seek.

#### **3 Plan time to start work on your vision board.**

Schedule a day and time to make your board when you'll be uninterrupted. Allow yourself 3-4 hours. You might not complete it in one sitting. That's okay. It'll take some time to browse through magazines and select images to clip and use.



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# Vision Board Day!

**It's time to get started**

## 1 Reflect on your most important goals.

Set a timer for 20 minutes and clarify to yourself what you want in life.

- ▶ Right now, what's important to you? What do you want to pursue? It's okay if you're not sure. But give yourself time to think about it. When you emotionally connect with your goals, you're more likely to achieve them.

## 2 Find the pictures you want to use.

Browse through magazines and clip images that reflect your goals and dreams. Then, without gluing, arrange and re-arrange the pictures on the poster board until you love how it looks.

- ▶ Leave a space somewhere on the poster board to place a favorite picture of you.
- ▶ Once you have a pleasing arrangement, affix your collage with glue.

## 3 Include words to express goals and desires.

Write words that connect you with the pictures. Express your thoughts and emotions using markers. You might choose to clip words from magazines (larger print is best) and glue them on your vision board.

## 4 Glue on a picture of yourself that you like

and voila, you've just created your vision board!

## 5 Recognize it's a process.

You might start out making your vision board about your career and discover you're really more interested in deepening friendships or making money from a job you've never tried. That's okay: switch gears on this board or even construct another board later.

## 6 Display your vision board.

Hang it in your den, bedroom, or somewhere you'll see it every day. Stop and look at it, touch it, and say out loud, "I'm working for that!" Let yourself get excited about the prospect of achieving your goals.

*Making a vision board keeps you oriented toward your life desires. Construct a new board later as you reach current goals and add new ones. Motivate yourself to attain your goals and dreams through making your own vision board.*



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# HOW TO MAKE YOUR *Dreams a Reality*

Ever since we were children, we've had dreams. The sad thing is, over the years we convinced ourselves that our dreams could never come true. Because we assumed that they were mere fantasies, we didn't even try to make them come true.

Believe it or not, your dreams can be reality! However, you won't get anywhere by simply making a wish. You have to take specific actions to increase your chances of living that life you always dreamed of.

*These are some simple techniques that can help you get started:*

## 1 You must possess passion and desire.

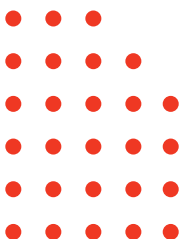
These two elements are crucial for living your dream. Interestingly enough, you really can't have one without the other. You must yearn to have something in your life so much (desire) and for the right reasons (passion).

▶ A good example to illustrate the difference would be if you always wanted to be a professional singer. You know that you have the talent and all you want in life is to sing on a professional stage some day (desire). Your focus isn't the money, fame, or prestige; you just have a true love for singing. It's all you think about all-day, every day (passion).

## 2 Patience.

Patience isn't easy, but in most case, our dreams don't come true overnight. You need to work hard to achieve your full potential. Though it may take longer than you hoped, once you're living your dream, you'll realize that practicing patience was worth the rewards.

▶ Just remember to remain positive, focus on your dreams, and keep taking action to make those dreams a reality. After all, patience is a virtue!



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### 3 Sacrifice.

Achieving your dreams will require self-sacrifice. This is usually where most people can gauge how serious they are about turning their dreams into reality. Whether it is giving up your TV time to work toward your goals, or spending extra hours at work to further your career, you have to be willing to sacrifice something.

- ▶ If you're truly passionate about your dreams, this shouldn't be too difficult. If you do find sacrifice extremely difficult, it may be that you don't possess enough desire, passion, willpower, or self-discipline to see your dreams through.

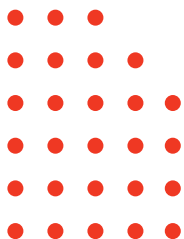
### 4 Confidence.

If you truly want to make your dreams real, you have to believe they can happen. You must possess an intense confidence in yourself and your talents; otherwise, your dreams will remain dreams forever.

- ▶ Sometimes your confidence may waiver, but as long as you can focus on your ultimate goal - and you can actually see yourself achieving this goal - you're heading in the right direction.

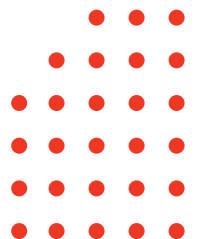
## Final Thoughts on Achieving Your Dreams

*No one can steal your dreams away from you except you. Sometimes we can be our own worst enemy, biggest obstacle, and harshest critic. But that's not what you need! You need to remember that, by taking action and implementing these simple tips and suggestions, your dreams can come true. Keep your focus on the pot of gold at the end of the rainbow; it will happen if you only believe it can!*



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# HOW TO OVERCOME THE *Fear of Failure*

**Failure has touched the lives of everyone at some point. Because of this fact, you know how horrible it can make you feel. No wonder you strive to avoid it at all costs! But the problem is that this fear of failure can become one of your biggest life fears.**

***Fear of failure is a fear of the great unknown.*** You don't know what's truly out there, and so you're scared. You might even be tempted to give up entirely in order to avoid failure. You'll soon realize that not trying at all is the ultimate failure because there is no way to win without trying.

How can you overcome this fear and gain the confidence you need to seek the life you desire?

***Consider trying one or more of these actions steps:***

## **1 Imagine the worst case scenario.**

Of course, you should spend time imagining everything turning out well, but it actually helps to imagine the worst case as well. This is because, while horrible, imagining the worst case gives your fears a face. Your fears are then no longer the unknown and they may not be quite as scary.

▶ When you figure out the worst thing that can happen, you just might realize that the most a failure can do is to delay your ultimate goal. But if you can figure out how to get past this possible delay, you're back on track!

## **2 Take Bold Action**

The fear of failure can hold you hostage. When you take bold action, you're able to learn from your mistakes so you can continuously moving forward.



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### 3 Talk to successful people.

Ask them about times that they've failed or times that they've felt a fear of failure. It's likely that they were afraid too and that they've even failed greatly before reaching success. Knowing that you're not alone can be quite helpful.

### 4 Utilize affirmations.

Use the help of affirmations in order to change your mindset about your fears. Affirmations can help you reprogram your subconscious mind so that you believe you'll succeed, which will encourage you to take action to make it happen.

### 5 Know that you'll try again.

Tell yourself that, if you're face to face with failure, you will pick yourself up and try again no matter how many tries it takes. Then follow your plan.

## Don't Be Afraid Of Help

*Since the fear of failure is so common, there are many people around you that you can talk to about the subject. You might feel like you're alone, but you're not. Discuss your issues with a trusted friend or use the services of a professional counselor.*

*Sometimes just having someone listen and understand you can make your fears seem like less of a burden. It can help you to get into a positive mindset, which is the first step you'll need to take in order to tackle your fear of failure head-on.*

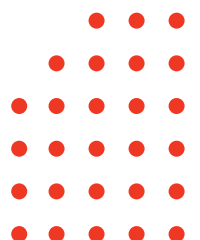
## The Long Term

*After you've mastered your fear of a particular situation, keep at it in order to stay on top of your fears. The key is consistency and positive thoughts. Remember that there are always lessons to be learned on your journey, even if you've failed. Keep at it and good things will come!*



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# I REFUSE TO BE DISTRACTED FROM *My Goals*

My goals are my future. When I stay focused on my goals, I make progress toward achieving them. I know what I want and how to get there. And when I make progress, *I feel proud of myself. I enjoy my life and the path that I am on.*

*Staying focused on my goals is the primary way I can control my future.* Success allows me to feel good about my life and I know that focus is the key.

There are distractions all around me, but I refuse to give them my attention. They take away from the future that I want and am committed to.

Distractions are easy for me to avoid. I can easily focus on what matters in my life.

Staying focused on my goals makes it easier to make smart decisions. I simply consider which option is most supportive of my goals. Indecisiveness is a foreign concept to me. *When I avoid distractions, wise decisions become automatic.*

My goals are crystal clear to me. Their achievement is a priority in my life. Consequently, I refuse to allow any distractions to take my attention away from my goals. I am in control of my focus.

Today, I put my attention on my goals. *I reject all distractions.* My focus is exactly where it belongs. I choose my decisions and actions based on my goals.

## Self-Reflection Questions:

- 1 ▶ What am I committed to achieving? Does my focus support achieving that goal?
- 2 ▶ What are the biggest distractions in my life? What can I do to minimize those distractions?
- 3 ▶ What would happen in the next year if I could avoid 90% of the distractions in my life and work on my goals consistently?

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# PURSUE YOUR *Dreams*

**Have you ever awakened one day and realized that, although your life is going pretty well, there's just one thing tugging at you? Something inside is telling you that something isn't quite "right" in your life. Or maybe it feels more like something's missing.**

Perhaps those feelings are trying to let you know you haven't been pursuing your dreams.

***For many, dreams about the future started when they were youngsters.***

You might've grown to admire your uncle who's a great golfer and wanted to try golfing to emulate him. Or maybe you do golf but there's that one golf course in Europe that you really want to play.

It could be that your 7th grade English teacher, whom you loved, always told you what a great writer you were. But after high school, you've hardly written even a short story. You always thought you'd get back to writing, but just haven't taken the time or effort.

**It's time to pursue your dreams!**

Review these tips about following your bliss. You might realize that - **YES!** - you can go after your special goals while living your life and **'taking care of business.'**

## **1 Ask yourself, "Is there something I've wanted to do for a long time?"**

If so, what is it?

## **2 Write down your goals for the future.**

Obtain a spiral notebook and devote it to your dreams.

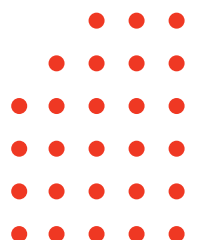
▶ Take your Dream Notebook and pen to the park or front porch, Then, ponder your dream. Write everything that comes to mind. Record your dreams on a small bit of paper and affix them to your bathroom mirror.

▶ **Each day, when you see that message to yourself about what you want to do, it will inspire you.**



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### **3 Pledge to do just one thing each day or week to chase after your dream goal.**

Maintain your momentum toward following your bliss.

- ▶ Make your dreams a priority in life.
- ▶ Avoid allowing anyone or anything to get in the way of pursuing your dreams.
- ▶ Who knows what can happen when you "keep your eyes on the prize?"

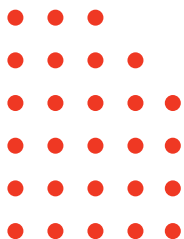
### **4 It's rare to accomplish dreams in a short period of time.**

Accept that you'll be following your most cherished wishes for the long haul.

### **5 Think about ways to divide your path to your dreams into "chunks."**

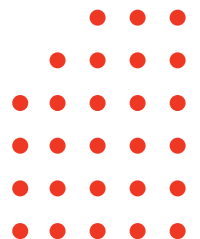
For example, if you've always wanted to travel to France to see the Eiffel Tower, you could separate your dreams into sections like:

- ▶ Read everything you can about France and the Eiffel Tower.
- ▶ Explore the subjects on the web
- ▶ Become an "expert" about the topics of your dreams
- ▶ Even though you might struggle financially to make ends meet, set up a separate bank account for your dream" trip to Europe and make regular deposits (at least monthly), no matter how small.
- ▶ Regardless of what your dreams are, think of a way to move toward them somehow
- ▶ Vow to keep your momentum going so you can achieve your dreams.



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## 6 It's okay to re-vamp or even totally overhaul your dreams.

You can let go of a dream you had for a while if you discover you really aren't interested in that goal anymore.

- ▶ As you grow and mature, it's not unusual to develop new interests and dreams.
- ▶ You can feel comfortable transitioning into a new goal to pursue.
- ▶ Give yourself permission to let go of an old dream, alter it, or even add a new goal.

## 7 Avoid thinking of your dreams as impossible for you to accomplish.

Dreams keep you moving forward in life.

- ▶ Tell yourself it's entirely within the realm of your life to pursue and fulfill your dreams.
- ▶ You truly deserve to have goals and dreams, no matter what your situation.

*Following your bliss will enrich your life in so many ways. Allow yourself the opportunity to fulfill your special goals in life. Pursue your dreams because you're worth it.*



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# STOP TALKING AND START DOING:

## *Do What You Intend to Do*

Throughout your life, you've meant to do a lot of things. You might have intended to go into a certain line of work, live in a certain area, or become involved in certain hobbies and activities. But everyday life just kind of intervened and pre-vented you from doing what you'd always thought you would do.

And here you are - still wishing you can accomplish some of the goals and desires you established a long time ago. Some of the activities you want to do might even come up in conversation from time to time, You start out by saying.

"One of the things I've always wanted to do is." or "I always thought I would." So, how can you stop talking and start doing what you intend to do? What does it take to follow through with your intentions?

**These action strategies can help inspire you to begin fulfilling your life's dreams:**

### **1 Pick your top 3 desires at the current time.**

Limiting the goals you plan to work on will help you succeed. Select those that are the most important for you.

### **2 Stay focused on those 3 goals**

and don't allow anything to get in the way of accomplishing them. When you focus, you'll keep those goals on your mind every single day. You might say you'll eat, sleep, and drink with those few goals.

### **3 Break each goal up into "chunks."**

Divide it up into smaller mini-goals and enjoy one success after another as you attain these smaller goals and get closer to achieving your end goal. Breaking up each goal into do-able chunks will galvanize you to get started working toward the goal one bit at a time.



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## 4 Vow to do something that moves you closer toward each of your 3 goals

every single day. For example, rather than spend 2 hours in the evening playing on your electronic tablet, spend one of those hours working towards one of your mini-goals.

## 5 Show flexibility.

If focusing on 3 of your desires at once is too difficult for you to work toward, then choose just one at a time and work on it until you accomplish the goal. Also, be willing to switch from moving one goal ahead to working on another if you get stuck.

## 6 Change your language.

Rather than continuing to state you "always wanted to do" something, state what you've done recently to work toward accomplishing your goal. Use your discussions and language to remind yourself and others of what your intentions are. Now your talk and your actions are both consistent with attaining your goal.

▶ For example, if you've always wanted to learn Tai Chi, tell what you've done to check into it. "I called the Y the other day to find out when the Tai Chi class starts and how much it costs." What a thrill it will be when your next conversation includes, "At my Tai Chi class the other day."

*Won't it be wonderful when you start avidly focusing on your desires and actively working to achieve your goals? You have, right now, within your reach, the power to stop talking and start doing whatever's necessary to translate your intentions into actions. You can live the life you've yearned to live and achieve your dreams.*

**Begin today to do what you intend to do.**



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# USING OVERWHELMING FORCE TO *Guarantee Your Success*

When we tackle new goals, we often under-apply our resources. Perhaps you think about what is needed to succeed, and then allocate what you perceive to be the minimum amount of time and effort necessary. If you follow this pattern, are you surprised when you have trouble meeting your goal?

***What if you choose to apply far more energy than you think is needed?*** Do you think the outcome might be different this time?

This is known as meeting a challenge with "overwhelming force." This concept originates as a military term. Essentially, if you think a mission requires 200 soldiers and three tanks, then send 500 soldiers, ten tanks and two planes. Victory is all but assured and things go much more smoothly.

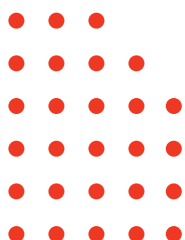
By over-committing resources and time instead of under-committing, you practically guarantee success. ***Then it actually takes bad luck to fail instead of good luck to succeed.***

## ***Example: Preparing for a Marathon***

Let's look at an example: Completing your first marathon, starting out with zero training. Here are some areas in which you may want to focus your overwhelming force:

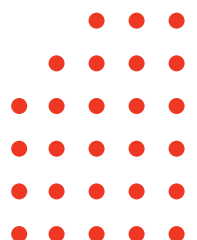
### **1 Time**

- ▶ Under whelming: There are books that claim you can run a marathon in 41 months starting from a point of zero running experience. And it might work, if everything goes perfectly. But this sort of quick-and-dirty training is more likely to lead to injury or failure.
- ▶ Overwhelming: Give yourself 9 months or more. Commit to a long-term plan and then execute it.



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## 2 Bodyweight

- ▶ Underwhelming: Get bodyweight down to 180 lbs.
- ▶ Overwhelming: Get bodyweight down to 145 lbs. Really push yourself!

## 3 Diet

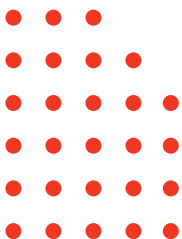
- ▶ Underwhelming: Eat a healthy diet.
- ▶ Overwhelming: Eat a diet that supports long endurance sports. Be very specific in your food choices and adhere to your regimen.

## 4 Long run

- ▶ Underwhelming: Become able to do a long run of 15 miles and hope that race day will carry you through the last 10+ miles.
- ▶ Overwhelming: Do long runs once a month of at least 23 miles. The best preparation for a big task is to practice as close as you can to the real thing.

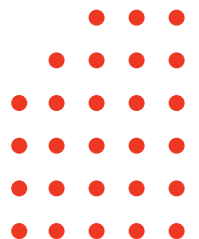
## 5 Shoes

- ▶ Underwhelming: Get a pair of running shoes.
- ▶ Overwhelming: Go to a store that specializes in running shoes and get a free gait analysis and professional shoe advice.



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# DEVELOPING YOUR OWN *Overwhelming Force*

There are many more aspects of completing a marathon than are listed in the example above, but you get the basic idea.

Simply go above and beyond at every opportunity. Think of yourself as a customer service professional, only you are your own customer. How can you "wow" yourself in each area of focus?

Do you run into challenges and come up short on your goals? This is because, whether you realize it or not, you're planning only for optimal conditions. You have no backup plan. The challenge is that conditions are rarely optimal and unforeseen situations invariably occur.

If you're prepared to completely dominate your goal, then you will be successful, no matter what obstacles occur along the way.

***To develop your overwhelming force, follow these guidelines when embarking on any project:***

- 1 Time.**  
If so, what is it?
- 2 Cost.**  
Obtain a spiral notebook and devote it to your dreams.
- 3 Assistance.**  
How much help are you going to need? Ensure you get more assistance than you think you'll require.
- 4 Learning / Expertise.**  
Gather more information than you're likely to ever need.
- 5 Extra.**  
Consider all the resources you're going to need and then play it safe. Having some extras of everything in reserve is much better than coming up short in some critical area.

*Imagine being successful with all of your goals on the first try. Success tends to breed more success. If you can get things right the first time, you'll increase your confidence in the future, which will in turn help you be more capable. By meeting each challenge with overwhelming force, your success is all but guaranteed.*

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