

STRONGER — THAN — CIRCUMSTANCE

3 Proven Ways to Overcome Fear, Limitations, and Procrastination to Achieve Your Dreams



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**BRAVE
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Does This Describe Your Life?

- Do you jump out of bed every morning, energized and thrilled about starting the day?
- Do you enjoy vibrant health, deep love, time-freedom and financial abundance?
- Does your life feel fulfilling, expanded, purposeful? Does it inspire you and bring you joy?
- Do you have the freedom and confidence of knowing you can accomplish ANYTHING you want?

If the answers to those questions is “No,” then you’re in the right place, because I’m about to help you change that.



That life IS within your reach... but what’s keeping you from it?

Most people aren’t living the life they want simply because they procrastinate about the very things that will get them to that life.



Nobody plans to procrastinate, but somehow, it just keeps happening.

I know this because I have had the privilege of working with thousands of people who sought my guidance over the last 40 years. These were talented, smart and motivated people, who for one reason or another had found themselves in a less than ideal situation.

So don’t be too hard on yourself when you get derailed. It doesn’t mean you can’t have what you desire or that you are not worthy of achieving your goals. It simply means you are like many people who can benefit from the knowledge of someone who’s overcome these challenges.

Does this sound familiar?

We may feel motivated one day, but then get into the routine of our life and forget what we’d promised ourselves. Days, weeks, or even months go by and the results of our lives remain the same. We don’t do anything differently, so our results remain the same.

A reunion comes up, but maybe we'd rather avoid seeing people from the past, because we didn't lose weight since the last time we saw our friends though we committed to. Maybe working at the same old job, while our friends have received numerous promotions and awards in their field of work seems too overwhelming to face.

New Year's rolls around again and perhaps you realize you didn't accomplish some of the goals you set last year. You intended to revamp your work schedule so you'd have more time to spend with loved ones. But instead you're more overwhelmed than ever. You intended to save money to travel, take Fridays off, or write a book. Since none of that came to pass, you might wonder, "Why set New Year's resolutions anyway?"

A birthday arrives! Since it's a significant marker of another year passing, we tend to look back on everything we've done in the past 5 to 10 years. Although there have been some great accomplishments, maybe there still isn't that "significant other" we've longed for, or we realize we're still in a job that doesn't fulfill us, or that we're not passionate about.

What does it feel like when you realize that you're **not doing it**? "I've been thinking about it for 5 years now and I haven't done anything!" **Stagnation can make us feel dull, listless, and uninspired**, no matter how safe and secure our current situation may seem.

Most people stay in the same job, the same situation, and the same state of mind, for a large chunk of their lives. **There's a hypnotic quality to familiar routine**. Before you know it, you're living the same year over and over again. You wake up, go to work, come home, and do the same things.

If you're in that position right now, give yourself some credit: the fact that you're reading this eBook today means you **know** that you're stuck, and just by taking this small action you're already causing things to shift. Change follows shifts. Once we are made aware of something, we can never 'not know better.'

Henry Ford once said "**Whether you believe you can do a thing or not, you are right.**" So today let's expand the boundaries of the 'I Can.'

The **I Can** is way more important than the IQ. The **I Can** is the sense of possibility that dwells within you, that is Life ever-seeking to express and expand within you. It pulls you to express the greatness, the glory, and the wonder that frees you to give your gift to the world.



Most people stay in the same job, the same situation, and the same state of mind, for a large chunk of their lives. There's a hypnotic quality to familiar routine. Before you know it, you're living the same year over and over again.

It's true!

When you question why you're stuck, some reasons you might come up with are:

- *I don't have the time.*
- *I don't have the money*
- *I don't know the right people.*
- *I don't have enough education.*



You might tell yourself, "I'm working a full-time job, so there's no time to work on my dream."

If this is the case for you, would you agree that it's ironic that we tend to reliably get things done for our employers or clients, but fall short on the things that are important to us?

Think about the last time you had a big project to do, and very little time to do it, but somehow still found a way to get it done.

Perhaps you negotiated for more time, or delegated tasks so that everything was accomplished. Or maybe you just buckled down, manifested a huge burst of productivity, and finished the task by yourself, in record time.

Whichever method you chose, the bottom line is, **you got it done.**

Or maybe your last big test wasn't a work project. Whatever the nature of this challenge was, I'm sure there have been times in your life when you've taken on something that was bigger than what you thought you could do, and discovered abilities you didn't realize you had.

Ultimately, the truth is that **you are the only one responsible for your results.** Nothing and no one else can cause you to succeed or fail to reach your dreams.

You have more power than you know, and your results **can** start to change the moment you make the decision to do things differently. *The shift creates the change.*



The Life You're Meant to Live

There are moments in life when we may sense that **more is possible**. It could be taking a walk, experiencing a quiet moment at home, or driving home from work and catching a glimpse of a different kind of life for ourselves. We might even see ourselves being more, doing more, and experiencing more in life.

Whether it's owning our own business doing what we love, living in our dream home close to the ocean or the mountains, or falling in love with our soulmate—this glimpse of a different life is uplifting and shakes us to the core. It's a life we are meant to live. It's a life whose allure is so powerful that it calls to us when we least expect it. It inserts itself into our thoughts and it reminds us that we can't turn our heart away from its promise.



In those moments, you may discover that it's possible to feel more alive and more joyful than you do now, maybe even more than you've ever thought you could! You can see yourself laughing, feeling free, bringing your best self to the world, and ecstatically enjoying each day. See yourself living in alignment with your greatest gifts.

In this vision of possibility, your friends, family, co-workers, and colleagues are fully supportive; feel that deep sense of belonging and acceptance. It's so good to be in this dream that has your name on it.

What is your specific dream? What would you love to be, do, or create? Write some notes below and hold it in your heart for a moment.

BUT WAIT...

An old familiar voice now begins to talk to you.

It may start saying things like:

- *Where are you going to get the money for that?*
- *What if you fail?*
- *What will your friends and family say?*
- *Who do you think you are?*
- *You don't have the experience or education!*
- *Remember what happened last time?*



The problem for most people is that they don't know how they'll ever accomplish the very thing that's calling to them. As good as their dream feels, they can't visualize their dream for very long without doubts creeping in.

Can you relate to any of these thoughts?

- *Can I have what I want?*
- *Can I live the life I love?*
- *How will I do it?*
- *Do I deserve it?*

Pause for a few minutes, think of the doubts that you are hearing right now, and write them down. What are the challenges you face in achieving your dream?

As you imagine all the obstacles in your way, you may start to feel powerless to reach your dream.

But you *ARE* powerful, and you do have the capacity to make your dreams a reality. You have infinite potential to be, create, and achieve whatever you want.

Have you ever heard of William Kamkwamba? When a severe famine left his family unable to pay his tuition and forced him to drop out of school, he could have concluded that getting an education was impossible.

Instead, he persisted in his quest for knowledge and a better life, and began to frequent the local library. It was there that young William discovered his love for electronics, and started to consider how they might create a better life for himself and his family.

Instead of focusing on the money and school access he didn't have, he thought about the things he DID have to work with: a bicycle, his experience in repairing radios, and the consistent wind at his home. At age 14, he decided to create a makeshift windmill, and eventually built a functioning model that powered some of his family's electrical appliances.

This feat drew attention from local farmers and journalists, then from international news outlets. His fame skyrocketed, and he was invited to speak as a guest at TEDGlobal 2007. He accepted the invitation, and the audience was so moved by his speech that several venture capitalists pledged to help finance his secondary education.

Thanks to William's tenacity and resourcefulness, an event that could have condemned him to a life of menial labor and lack, instead became the catalyst that helped him to become a well-known innovator, engineer and author.

There are two important lessons to be learned from this story:

One is that no matter how little you have to work with, you can always get started. You can focus on what you DO have at your disposal, and **do what you can with what you have.**

The second is that when you do get started taking the first few steps with faith and a commitment to the pursuit of your dream, things start to fall into place. I've seen this happen over and over while coaching my clients, and I've learned that in a contest between a determined human being and a bad circumstance, **one should ALWAYS bet on the person.**



There's a power within you that's greater than any problem or obstacle that you can imagine. You have access to this power, which means that you do have the ability to achieve your dream and a life you'd love living.

Now you may be thinking, "It's easy enough to say that, but if I have all that power, why have I never been able to overcome this fear, circumstance, or impulse to procrastinate?"

The reason is that your ability to access this power isn't automatic, nor is your ability to make it work in your favor. *You have to consciously learn how to harness it and make it work **with** you, not **against** you.* This power operates by invisible laws, and when you learn to work with these laws, the possibilities are endless.

These invisible laws are comparable to electricity. Electricity has enabled our species to create amazing things, but humans did not invent it. It was invisible to us. **Electricity has ALWAYS existed; we simply learned how to work with it** and harness it for the betterment of our civilization.

The process for achieving your dream is like plugging into an electrical socket for power. If you want light, you don't just snap your fingers and hope that light will show up. You can't make electricity work the way you want it to work; **you have to work within its invisible laws.**

Once you work with its laws and wire your house accordingly, you can then plug a lamp into that electrical socket to produce light whenever you flip a switch.

Just like the laws of electricity, the invisible Laws of Success work the same way, every time, no matter who you are. Electricity doesn't care how old you are, how educated you are, or even about your background. If you're in alignment with the laws of electricity, you can shine a very bright light no matter where you are or how little success you've had in the past.



I say this with 100% confidence: The invisible Laws of Success work for you, no matter your background, gender, location, or past history.

They've worked for me, I've seen them work for thousands of people I've coached over the past 4 decades, and they'll work for you, too.

Do you feel confident that you can achieve your dreams, and that you deserve to?

If you don't feel confident about it, you can borrow my belief because I know it works.

What can cause it NOT to work?

Right now, there is probably something inside you that's blocking your natural, infinite power, making you hesitate to take action, and preventing you from reaching your dreams.

That something is called **paradigms**.

Paradigms are the old beliefs that you acquired while you were growing up. They're the habits that protect the status quo, the mindsets that make positive changes feel unfamiliar and uncomfortable, and the fears that tell you that if you try, you will only fail.

Your paradigms can be very powerful, but with consistent effort and some awareness of what to look for, you CAN overcome them.



Here are some examples of how paradigms can interfere with your journey to your ideal life:

1. *You begin to feel closer to your partner, but then you start a fight over something silly because you've never experienced this level of connection before, and you don't know how to handle it.*
2. *You set a goal to lose 5 pounds this month. You hit your goal, but then the following month you revert back to your old habits and regain the weight.*
3. *You apply for a better job than you currently have, but then you begin to think that you're not qualified enough, so you sabotage the interview or the interviewing process.*

As you can see, each of these paradigms is a reflexive attempt to protect the familiar status quo. As soon as you begin to imagine a more expansive version of your current life—when you begin to dream, and to make changes in your life—your paradigm will immediately kick in and do its best to prevent you from taking action that might alter your results.

When you work to overcome your paradigms, it's important to remember that there's a part of you that wants to move forward, and a part that wants to maintain your current reality. Navigating change always involves a **choice** — *will I take the next step or not?*

Your paradigm speaks to you when you grow. The only time it doesn't speak to you is when you're in your comfort zone.

This is important, because it means that just because you feel nervous about taking action or making a change, it DOESN'T necessarily mean that you're on the wrong path or failing to have faith. In fact, if you don't feel at least a little bit of fear or doubt, then either your dream isn't big enough, or you're not actually in touch with your dream!

Your Paradigm's 3 Stealth Weapons That Destroy Your Dream (And How to Reach Your Dream Anyway)

Do you sometimes get really inspired to begin the journey to your dream life, only to have something derail you?



Maybe you've decided to finally write the book you've planned in your head for years. You set a date and time to begin writing, you order a book on Amazon called "How to Write a Book," and you even take out your old journals for reference. You tell your family and friends about it and share your enthusiasm on social media. You're finally going to write the book, get published, and become a best-selling author.

Then, the new season of your favorite show is on and you feel you have to watch it to stay in the loop with your friends. You get slammed with a big project at work and you're suddenly working later than usual. Or allergy season rolls around and after work all you want to do is rest.

Sound familiar?

A few weeks go by and you're back in the same routine. The book you ordered on Amazon is sitting on your kitchen counter, your unfinished notes are on your desk, and you think, "I read the book, I did the suggested homework, and I even imagined what my finished book would look like, but I still haven't *written* anything!"



The problem is that you haven't **done** anything differently. The ideas, techniques and strategies are all there in your head, but you're not using them to make the changes you thought you'd make.

That's because your paradigm is working full-time to prevent you from making changes. It's the pull of the familiar, and it's strong.

If you don't know how to spot its tricks, you might fall for them without even knowing it.

Whenever you start to move toward the life you desire, your subconscious (ego) comes at you with three dream-busting paradigms that I call the **3 D's**:

1. Distraction

Your paradigm isn't going to say, "I'm your paradigm and I'm here to stop you from achieving your dream!" It's going to be much sneakier. Here are a few distractions you may have experienced before:

- *You have a meeting first thing in the morning on Monday, so you should think about that right now.*
- *You'll be more creative if you get your laundry done and your desk cleared off first.*
- *You'll be able to build your dream better if you're not hungry. How about some lunch now?*
- *You haven't checked your phone in ten minutes. Maybe there's an important message you should read first.*



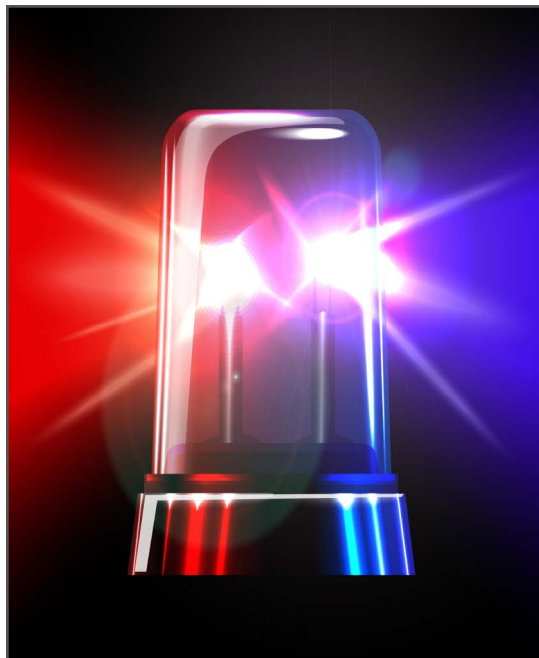
Your paradigm won't bust through the doors of your mind yelling, "Stop taking steps toward your dream!" It just does what it does best—it distracts you!

2. Dissuasion

If your paradigm can't distract you, it will come at you with a different tactic. It's going to dissuade you, and the common catchphrase is, "I actually don't want to."

Think back to the last time you set a big goal for yourself, something that took some effort to accomplish. Let's say you wanted to be promoted in your job. You thought about setting up a meeting with your boss to discuss future opportunities, but before you could make the call, you found yourself saying, "I'm busy enough as it is. I don't want the added stress. The raise in pay won't make that much of a difference. You know, maybe I don't want the promotion." Then the goal you set for yourself was forgotten, and you never accomplished it.

The challenge is that your paradigm knows **everything** about you. It remembers all the times when you didn't do what you said you were going to do. It has access to the whole filing cabinet of failed attempts, forgotten dreams, and unrealized goals.



3. DEFCON 1

If your paradigm can't stop you through distraction or dissuasion, it's going to try one last thing. It's going to trigger "DEFCON 1," or your fight-or-flight reflex, which is difficult to ignore. You're going to feel an uncontrollable or irrational fear, which has the capacity to stop you dead in your tracks when you're building your dream.

DEFCON is a United States military term that stands for "Defense Readiness Condition" and number 1 is the highest state of alertness in times of national security threats. When you're in a state of DEFCON 1, you move right past your rational, intellectual thinking. You might begin to feel flushed, jittery or panicked, and not know why.

See if you can relate to any of these circumstances:

- *You pick up the phone to make an important call. Suddenly you feel butterflies in your stomach, and you either stare at the phone, unable to dial, or you hang up before anyone answers.*
- *You're reading through a lease agreement for a new home, and your hands begin to shake and you feel short of breath when it's time to sign. You later say that you suddenly "froze" and couldn't complete the task.*
- *You've gotten up every morning to exercise, but on day 8 you "hit the wall." You're completely drained of energy and you're angry that you don't see any results yet.*

When DEFCON 1 happens, you may be tempted to rush back to the familiar because in the moment, your feelings are alarming. The familiar may be your daily routine, "safe" job, "okay" relationship, or the comforts of your current home.



When you're in a state of DEFCON 1, you move right past your rational, intellectual thinking. You might begin to feel flushed, jittery or panicked, and not know why.

These tactics are very convincing, and they can crush your dreams if you aren't alert. Fortunately, there are ways you can overcome the insidious forces of your paradigm, and quickly and easily begin to live your dream.

The key to understanding your paradigm is to notice when you feel a resistance to something new. When you begin to feel uncomfortable, in doubt, or conflicted, **that's a good sign**. It means your paradigm is kicking in and trying to pull you back toward the familiar, and the only time it does that is when you're making real progress.

The allure of the familiar is strong, and it will take a lot of mental energy to overcome its pull. It's not easy to re-pattern your thoughts, but if you're going to create the life of your dreams, it must be done.

But how?

Should you just white-knuckle through it? Or is there another, easier, more effective strategy?



Three Ways to Re-pattern Your Thinking For Success

The truth is, *everyone* has a paradigm because it's a part of human nature. Most people stay stagnant because, after many failed attempts to overcome their paradigm, they've given up on living their dream.

The good news is...

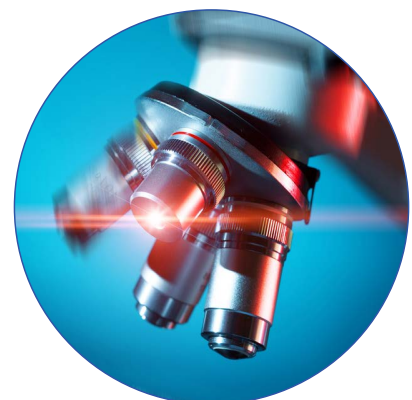
YOU ARE NOT ONE OF THESE PEOPLE!

Now that you're aware of your paradigm and its strategies, the times when it rears its head are no longer obstacles. Instead, they're a priceless opportunity to re-pattern your thoughts.

Here are three effective tools to help you rewire your mind for success, and overcome your paradigm:

1. Notice what you notice.

It's critically important to develop the capacity for "paradigm awareness," so that you're able to notice when your thoughts, feelings, and actions are not in alignment with your dream. This happens to everyone!



If you have **any of the following thoughts**, know that your paradigm is operating **its agenda**:

- *It has always been like this...*
- *It's so hard to...*
- *I've never been able to...*
- *I always do this...*
- *I don't want to anyway...*
- *I can't...*

These thoughts are called “closed systems,” and they reinforce your paradigm. When you notice these thoughts, **first acknowledge them *without judgement***. When you notice that you are noticing these types of thoughts, you can now start to re-pattern them. Soon, you'll find that you can re-pattern these thoughts more and more quickly as they come up.

My favorite way to re-pattern my thoughts is by using the “3 Magic Words”. The next time you think disempowering thoughts, catch yourself and add the words, “**up until now**” at the end!

For example:

- *It has always been like this... **up until now**.*
- *It's been so hard to... **up until now**.*
- *I've never been able to... **up until now**.*
- *I have always done this... **up until now**.*
- *I didn't want to... **up until now**.*
- *I couldn't... **up until now**.*

By doing this simple step, you re-pattern your thoughts to be more positive, and reclaim your power to start writing the story of your life anew, beginning in *this moment*.



When you notice these thoughts, first acknowledge them without judgement. When you notice that you are noticing these types of thoughts, you can now start to re-pattern them.

Strategies to Move You In the Direction of Your Dream

When you vividly picture your dream, what paradigm or pattern of thinking is the strongest and loudest? What are the voices of **doubt** and **contraction** saying? Which phrases are *your* paradigm’s favorite? Take a few minutes to write them down. This increases your ability to notice them when they come up again as you build your dream..

Next, brainstorm ways you can re-pattern this paradigm to serve your dream. What beliefs or thoughts will move you in the direction of your dream? Here are some ideas to get you started:

- *I am a talented writer and I have ideas that people would love to read.*
- *I am a hard working person and I am qualified for my dream job.*
- *I do have the discipline to stick to my workout plan.*
- *I am an attractive person and I know my soulmate is waiting for me.*

Now, re-write your paradigms from above in a re-patterned way. If you're stuck, simply add "up until now" to the end of your paradigm's favorite phrases.



2. Tap your "internal pause button"

When you find that your paradigm challenges you with distraction, dissuasion, and DEFCON 1, hit your "internal pause button" and take a deep breath.

A deep breath helps you relax, and opens your creative center. The next time you feel stressed or tense, pay attention to your breathing. Take several slow, deep breaths, and with intention, release the stress from your body. **Take a minute to experiment with it now and see if you feel calmer.**

To successfully re-pattern your paradigm, believe the messages are in alignment with your dream. If you ever notice a disempowering thought, pause for a moment, take a deep breath, and then bring the details of your dream to mind.

The details and feeling of your dream are what you want to align with. Go back to the section where you wrote down your dream and re-read what you set out for yourself. Slow down, take a moment and vividly imagine the situation you desire.

What do you see?

What sounds do you hear?

What smells are surrounding you?

What does it *feel like* to be living your dream?

Now, return to the present moment with the energy and enthusiasm you feel from the future you deserve and WILL have. This helps to establish a **new pattern of thinking**, and enables you to step out of your comfort zone and in the direction of your dream.

3. Take an action.

When you think of an aspect of your dream or vision that seems impossible, take a moment to consider: What can you do with what you have, from where you are?

There is never a perfect starting point, and it doesn't matter how big or small an action you take! Taking action sends a signal to your subconscious mind that you are indeed changing your life, and your belief system then aligns with the action you're taking. (**This is *how the invisible laws work***. Remember when I said they work like electricity? They are invisible, but all one is required to do is to *tap into the invisible laws*. **THIS** is what I meant. ***This is a step on that journey.***)

So, take an action, any action, in the direction of your dream from wherever you are.

For example:

- make a call
- research something on the Internet
- transfer a small amount of money into a savings account
- sign up for an exercise class.



Do what you can, with what you have, to move forward because it is *always* way more than you think you are capable of.

Your future self will thank you for the courage you choose to have today.

Which Voice Will You Listen To?

At any given moment, you have the opportunity to listen to your vision. That voice is the **voice of expansion** that *wants* you to move forward. *Or* you can choose to listen to your paradigm, which is the voice of constriction that wants you to stay stuck.

When you are faced with a new opportunity or challenge, you may hear yourself thinking, “I can’t” or, “I don’t know how.” It’s important you challenge these types of thoughts because often they’re not true.

The voice of expansion often says:

- *I can...*
- *I will...*
- *I choose to...*

And the voice of constriction often says:

- *I can’t...*
- *I won’t...*
- *I don’t know how...*

The voice that you listen to is **the key to empowering your dream**.

There’s an old Cherokee story that illustrates this concept very well.

One evening, an elderly Cherokee Chief told his grandson about a battle that goes on inside people. He said, “My son, the battle is between the two wolves inside us all. One wolf is evil. It is angry, envious, jealous, sorrowful, regretful, greedy, arrogant, self-pitying, guilty, inferior, dishonest, prideful, superior, and egotistic.

The other wolf in this battle is good. He is joyful, peaceful, loving, hopeful, serene, humble, kind, benevolent, empathic, generous, honest, compassionate, and faithful.”

The grandson thought about it for a moment, and then asked his grandfather, “Which wolf wins?”

The old Cherokee replied simply, “The one you feed.”



Energy flows where attention goes, so feed the voice of expansion and starve the voice of constriction. Believe yourself when you think, “I choose to do this and I’m going to do my best.”



The Life You Want Is Waiting For You.

It's not easy to overcome paradigms that you've spent your entire life creating. Though it sounds simple, noticing what you notice and following up with steps to re-pattern your thinking takes a concerted effort. You may try and fail several times before you begin to see progress. However, this is a *practice*. We know that when we want to master a skill, we must practice. People say that meditation is a *practice*. Some say they have a "yoga practice."

Paradigm-shifting is a practice too. It requires regular, intentional *application* for your dream to materialize..

You may wonder, "If it takes that much effort, then why even try? Why not just live a comfortable and 'easy' life?"

There are several answers to that question; look at them, and decide which is true for you:

1. Your dream is more important than making things easy. There's an impact you want to make on the world, and a life you desire for yourself and your family, and **it's worth creating.**
2. You believe that living your dream for the rest of your life is worth experiencing some discomfort in the short term. The path to overcoming your paradigm can be challenging, but once you've successfully re-patterned your thoughts, the **rewards last a lifetime.**

3. Ignoring your dream doesn't actually make things easier. Think about the things you've been trying to break free from - the soul-sucking job, the unfulfilling relationship patterns, the low energy and bad health, the exhausting schedule.

Whatever it is that you want to overcome, is it really easier than re-patterning your paradigms and creating a life of abundance and ease?

Take a moment to imagine the life you desire.

Feel the presence of the love of your life: a soulmate who loves and respects you, and makes you feel cherished, special and safe, standing by your side and holding your hand.

Imagine a vocation that makes you eager to get out of bed each day, because you're making people's lives better, and earning an abundant income by doing what you love.

Picture yourself in the mirror, looking healthy, bright-eyed and energetic, and feel the vigor and joy of living in a body that's happy and well-cared-for.

And envision yourself looking at your schedule, and realizing that you can work as much or as little as you want today. You can spend the day doing work you love, or you can choose to take some time to play with your kids, enjoy your partner's company, or luxuriate in some 'me time' with your favorite hobbies.

Isn't that worth changing your thought patterns for?

When you re-pattern your disempowering thoughts and then experience success, you have the joy and satisfaction of knowing that you're progressing toward living a life you'd love to live, and that you're not stagnant anymore. As I stated before, **stagnation can make you feel dull, listless, and uninspired**, no matter how safe and secure your current situation may seem, so it's worth the effort to free yourself from that state.

By studying and using the information contained in this eBook, you'll practice how to direct your thoughts in a way that empowers you, instead of pulling you back to your old way of doing things.



The Moment Where Transformation Takes Place

Feeling stuck is common. Part of you (the dreamer) wants to move forward to experience a fuller, freer, more expanded expression of life, but another part of you (your ego/paradigm) wants things to stay exactly the same.

The latter part of you likes familiarity and comfort. It's the part of you that says, "My life is good." That part of our nature is what holds us back and doesn't want us to grow, even when the changes can bring us joy and freedom. It's a natural part of being human. Remember, "good" is the enemy of "great."

As you're reading these words, you have two choices:

1. *I choose to serve the part of me that wants to go forward; to experience life to its fullest and I choose to move confidently in the direction of my dream.*

OR

2. *I choose to serve the part of me that is afraid of unlocking my true potential and wants everything to remain the same. "Life is good."*

How easy is it for us to tell ourselves, "I'll work out tomorrow." but it never happens? Or, "I'll set up a meeting with my boss next week to ask for a raise," but when the time comes we make some excuse?

How easy is it to tell ourselves, "Life is good."? How easily seduced are we by this paradigm in particular?

The truth is that the only place where true transformation can take place is in this moment.

Not tomorrow.

Not next week.

Not next month.

**The decision has to be
RIGHT NOW.**

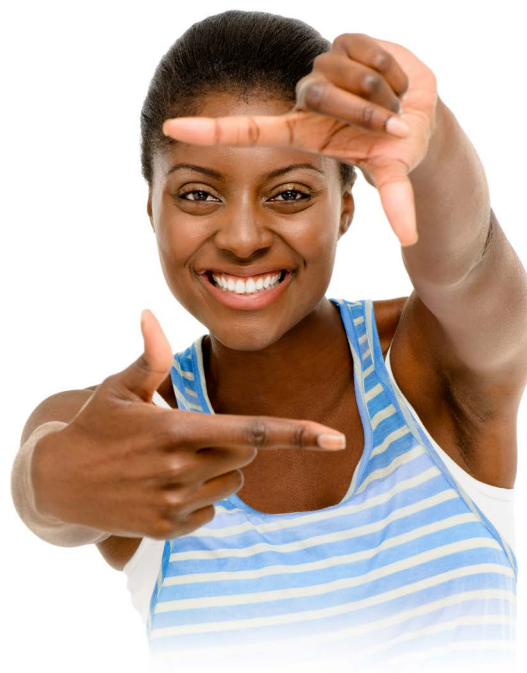
If you choose to serve the part of you that wants to go forward to live a freer life, then you must take the first step towards your dream.

**Imagine a time three years from now.
You're living your dream.**



You:

- *Wake up each morning with a greater sense of purpose.*
- *Feel energized and at home in your healthy body.*
- *Look forward to the week ahead because it's filled with fun and meaningful work.*
- *Love what you're doing.*
- *Surround yourself with people who feel passionate about the same things that are important to you, and you feel a deep sense of belonging.*
- *Enjoy life with your loving and supportive soulmate by your side.*
- *Sleep contentedly and peacefully, knowing you've lived your day purposefully and intentionally.*
- *Have improved the world through your gifts.*



Three years from now you'll see you were able to overcome your paradigms and **are now living a life you love**. It took consistent effort to create this grander, more fulfilling life, but ***you did it***.

Looking back, be proud of yourself for taking that first step on the journey to living your dream.

You Don't Have To Do This Alone

You've just absorbed a lot of information, and hopefully you're ready to take that first step. Maybe you already have a dream and are starting to formulate an action plan, or perhaps you feel like you still need a little more help, because you don't have a clear dream yet, or you're not sure that you have the knowledge and confidence to make that dream a reality.

Either way, I strongly suggest that you find a qualified mentor who can guide you through this process, and who can help you believe in your personal power to get through critical moments when you're in doubt.

It's vital to have a mentor, because **people who try to make big, daunting changes by themselves almost always revert to their old habits**, even when they are strong-willed people who think they know better.

When people set goals like New Year's resolutions, even when they do their best to believe in their own ability to keep moving forward, **the vast majority of them fail**. For the few that succeed, one of the biggest differences is the fact that they have someone to hold them accountable, and to **keep them on track and in action**.

I can be that accountability partner, but **I can also be much, much more**.

Unlike a normal accountability partner, I have developed **a proven, repeatable system** that's helped thousands of people discover the dreams truly aligned with their desires and purposes, and to help them **turn those dreams into reality**.

I worked with them through every step of the process, which made the whole journey easier and more fun, and enabled them to build their dreams in **a fraction of the time they thought it would take**.

I want to do the same for you. In fact, your dreams are so important to me that I have **one more life-changing gift** to offer you, at no cost!

I created a FREE webinar that gives you some of the dream-building tools you're currently missing. In the webinar, I explain in detail how you can:

- **Make FAST quantum leaps** in your health, your finances, your relationships, or your career.
- Experience **success in every area of your life**.
- Get **clarity on what your dream really is**, and find the motivation to go after it.

In this eBook, you've discovered how to keep your paradigms from sabotaging your dreams. Now, it's time to find out how to realize those dreams, in less time and with less work than you probably think possible!

To meeting with your success unexpected in common hours!

To Your Greatest Success,



Mary Morrissey

One of the principle philosophers of this type of “thinking” was Henry David Thoreau.
I end this book with my favorite quote of his.



*“If one advances confidently in the direction
of his dreams, and endeavors to live the life which he has
imagined... he will meet with a success unexpected
in common hours.”*

About Mary Morrissey:

Mary Morrissey is widely considered the world's foremost expert on "dream-building," which is the art and science of transforming your dreams into your results.

Having invested the last 40 years in studying transformational principles, Mary is the author of two bestselling books, *No Less Than Greatness* and *Building Your Field of Dreams*, which became a PBS special. In 2009, Mary founded Life Mastery Institute, the world's leading training center for transformational coaching.

She has also been featured in the popular documentary films, *The Moses Code* and *Beyond The Secret*.

Together with the Gandhi and Martin Luther King Jr. Foundations, Mary has addressed the United Nations three times, and was invited to assist in co-convening three different week-long meetings with His Holiness The Dalai Lama. She also met with President Nelson Mandela in Cape Town, South Africa to address some of the most significant issues that our world faces.

Mary also recently spoke on the TEDx stage, and to a packed house at the celebrated Carnegie Hall in New York City.

Through her books, live events and programs, Mary has empowered millions of people worldwide to achieve new heights of meaning, purpose aliveness and authentic success.



Here's what others are saying about Mary's work in the world:

"Mary Morrissey stands out in a category all of her own. She has a depth of knowledge that is unparalleled, and she is, without question, one of the best teachers I have ever met in my entire life. This woman has something special!"

~Bob Proctor, star of *The Secret*

"Mary is one of our most powerful and enlightened teachers. Breathe in her wisdom."

~Dr. Wayne W. Dyer, bestselling author of *Manifest Your Destiny*

"Mary Morrissey has been one of my most important friends and teachers. She has a laser-beam ability to recognize and articulate the emergent possibility in someone's life, then take their hand and show them how to make it real.

To be exposed to her wisdom is to be exposed to a mighty power."

~Marianne Williamson, bestselling author of *A Return to Love*

"Mary Morrissey altered the path of my life, and she restored me to myself by seeing me as who I really am. If there was a single person that I've known personally in my life in who I would place the highest faith, it would be Mary Morrissey."

~Neale Donald Walsch, bestselling author of *Conversations with God*

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