

No More Settling

One of the main reasons why most people don't get what they want is that they haven't decided what they want. They haven't defined their desires in clear and compelling detail. In this module, you will decide what you want to do, be, and have. What do you want to accomplish? What do you want to experience? And what possessions do you want to acquire? In the journey from where you are to where you want to be, you have to decide where you want to be.

In other words, what does success look like to you?

After being told repeatedly in childhood to be “sensible,” now as adults—in the name of being sensible—we end up becoming numb to our own desires. There are too many layers of “should’s,” “ought to’s,” and “you’d better’s” piled on top of and suffocating what we really want.

So how do you get back to what you want with no fear, shame, or inhibition? How do you connect with your real passion? The answer is that you must start on the smallest level by honoring your preferences in every situation—no matter how large or small.

Inside of every one of us is that tiny seed of the “you” that you were meant to become. Unfortunately, you may have buried this seed in response to your parents, teachers, coaches, and other adult role models as you were growing up. You started out as a baby knowing exactly what you wanted. You knew when you were hungry. You spit out the foods you didn't like and avidly devoured the ones you did. You had no trouble expressing your needs and wants. You simply cried loudly— with no inhibitions or holding back— until you got what you wanted. You had everything inside of you that you needed to get fed, changed, and held. As you got older, you crawled around and moved toward whatever held the most interest for you. You were clear about what you wanted, and you headed straight toward it with no fear. So what happened? Somewhere along the way, someone said... - “Don't touch that!” - “Keep your hands to yourself.” - “Eat everything on your plate whether you like it or not!” - “You don't really feel that way.” - “You don't really want that.” - “You should be ashamed of yourself.” - “Stop crying. Don't be such a baby.”

Then, later, as you got older, you heard... - “You can't have everything you want simply because you want it.” - “Money doesn't grow on trees.” - “Stop being so selfish!” - “top doing what you are doing and come do what I want you to do!”

Gutsy Leadership Lesson: DON'T LIVE SOMEONE ELSE'S DREAMS

After many years of these kinds of sanctions, most of us eventually lost touch with the needs of our bodies and the desires of our hearts and somehow got stuck trying to figure out what other people wanted us to do. We learned how to act and how to be to get their approval. As a result, we now do a lot of things we don't want to do but that please a lot of other people. In the name of being sensible, we end up becoming numb to our own desires. It's no wonder that when we ask many teenagers what they want to do or be, they honestly answer, "I don't know." There are too many layers of "should's," "ought to's," and "you'd better's" piled on top of and suffocating what they really want.

When you are confronted with a choice, no matter how small or insignificant, act as if you have a preference. Ask yourself, "If I did know, what would it be? If I did care, which would I prefer? If it did matter, what would I rather do?" Not being clear about what you want and making other people's needs and desires more important than your own is simply a habit. You can break it by practicing the opposite habit.

In order to get from where you are to where you want to be, you have to know two things—where you are and where you want to get to. Your vision is a detailed description of where you want to get to. It describes in detail what your destination looks like and feels like. It causes your brain to begin filtering the millions of messages it receives every day and begin looking for ways to attract, create, achieve and accomplish your "wants." To create a balanced and successful life, your vision needs to include the following seven areas: work and career, finances, recreation and free time, health and fitness, relationships, personal goals, and contribution to the larger community.

At this stage in the journey, it is not necessary to know exactly how you are going to get there. All that is important is that you figure out where "there" is. If you get clear on the what, the how will show up.

Decide on what you want in 7 keys areas of your life

The process of getting from where you are to where you want to be is like using the GPS (Global Positioning System) technology in your car or smartphone. For the system to work, it simply needs to know where you are and where you want to go. The navigation system figures out where you are by the use of an onboard computer that receives signals from three satellites and calculates your exact position. When you type in your destination, the navigational system plots a perfect course for you. All you have to do is follow the instructions.

Success in life works the same way. All you have to do is decide where you want to go by clarifying your vision, lock in the destination through goal-setting, affirmations, and visualization, and then start moving in the right direction. Your inner GPS will keep unfolding your route as you continue to move forward. In other words, once you clarify

and stay focused on your vision, the exact steps will keep appearing along the way. Once you are clear about what you want and keep your mind constantly focused on it, the how will keep showing up—sometimes just when you need it and not a moment earlier.

The Vision Exercise

When you visualize your goals as already complete each and every day, it creates a conflict (structural tension) in your subconscious mind between what you are visualizing and what you currently have. Your subconscious mind works to resolve that conflict by turning your current reality into the new, more exciting vision. This conflict, when intensified over time through constant visualization, actually causes three things to happen:

1. It programs your brain to start letting into your awareness anything that will help you achieve your goals.
2. It activates your subconscious mind to create solutions for getting the goals you want. You'll start waking up in the morning with new ideas. You'll find yourself having ideas in the shower, while you are taking long walks, and while you are driving to work.
3. It creates new levels of motivation. You'll start to notice you are unexpectedly doing things that take you to your goal. All of a sudden, you are raising your hand in class, volunteering to take on new assignments at work, speaking out at staff meetings, asking more directly for what you want, saving money for the things that you want, paying down a credit card debt, or taking more risks in your personal life.

Let's take a closer look at how this works. At any one time, there are about 11 million bits of information streaming into your brain—most of which you cannot attend to, nor do you need to. So, your brain filters most of them out, letting into your awareness only those signals that can help you survive and achieve your most important goals. So how does it know what to let in to your awareness and what to filter out? It lets in anything that will help you achieve the goals you have set and are constantly visualizing and affirming. It also lets in anything that matches your beliefs and images about yourself, others, and the world. Your creative subconscious doesn't think in words—it thinks in pictures.

So how does all this help your effort to become successful and achieve the life of your dreams? When you give your brain specific, colorful, and vividly compelling pictures to manifest—it will seek out and capture all the information necessary to bring that picture into reality for you. If you give your mind a \$10,000 problem, it will come up with a \$10,000 solution. If you give your mind a \$1 million problem, it will come up with a \$1 million solution. If you give it pictures of a beautiful home, an adoring spouse, an exciting career, and exotic vacations, it will go to work on achieving those. By contrast, if you are constantly feeding it negative, fearful, and anxious pictures—guess what?—it will work to achieve those, too.

John F. Kennedy dreamed of putting a man on the moon. Martin Luther King Jr. dreamed of a country free of prejudice and injustice. Bill Gates dreams of a world in which every home has a computer that is connected to the Internet. These high achievers see the world from a whole different perspective—as a place where amazing things can happen, where billions of lives can be improved, where new technology can change the way we live, and where the world’s resources can be leveraged for the greatest possible good.

Once you have decided why you are here, you have to decide what you want to do, be, and have. What do you want to accomplish? What do you want to experience? And what possessions do you want to acquire? In the journey from where you are to where you want to be, you have to decide where you want to be. In other words, what does success look like to you? One of the main reasons why most people don’t get what they want is they haven’t clearly identified what they want. They haven’t defined their desires in clear and compelling detail.

The vision exercise is a very powerful tool to help paint a picture of what a balanced and successful life looks like. Nothing is too big or too small. Now that we understand why we have to visualize so clearly our future wants and desires, I’m going to ask you to start planning what YOU want to do, what you want to be, and what you want to have.