



It All Starts with Belief

The first step in high achievement is in believing that success is possible. When I was ten years old and began dreaming of competing in the Olympics, I did not think it was a possible dream. After all, I was not a great athlete and was always the last kid picked to play sports in P.E.

I needed to start believing in myself in order to get myself to take action. Lack of self-belief or lack of confidence, results in fear of failure, and **that's** what keeps people from pursuing their dreams. After all, if you don't believe you can achieve your dream, why even try?

Belief is the driving force - the power behind all great accomplishments. Believing that something is possible leads to looking for ways to make it possible. The how-to-do-it comes to the person who believes he can do it. When you believe, you'll attract helpers, because all of a sudden your confidence shows so others start believing in you. Once you believe, you'll be ready to commit to taking action. And believe me, success requires taking **massive action** – for a long time. Unless you commit, you'll never make your dream come true.

There are a couple of things you can do to raise your self belief level. The books you read and the people you associate with will ultimately determine what you believe. Let's talk about reading the right books.

My dad always encouraged me to read biographies. Dad said, "Ruben, why don't you read some biographies – the stories of great people? If you read about the lives of people you look up to, people you admire, you'll learn what works and what doesn't work in life, because success leaves clues." Then he backed off and let the books work their magic.

I began reading biographies and started loving them. I read tons of them. My favorites were the stories of people who had overcome great odds to realize their dreams. Before long I realized that ordinary people could accomplish the extraordinary if they consistently followed success principles.

If you don't like to read, tune in to the Biography Channel and before long you'll start to believe too!

Put it into action:

Read biographies of people who overcame great odds to realize their dreams. Tune in to The Biography Channel. Learn how to be more successful from someone who is already successful. Find a mentor or coach.

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