



## Developing Your Vision to Succeed

People generally become what they think about all the time. That's why it's so important to manage your thoughts. Successful people think about the future most of the time. They think about where they are going and about what they can do to get there. Average people focus on the present, on the past, and on their obstacles.

The number one predictor of success in life is how long term your thinking is. If you can focus on what you want to happen in the long term while making decisions in the present, you'll be very successful. The further you focus into the future, the better decisions you'll make today and the greater chance you have of realizing your dream.

The biggest single obstacle people face when setting long term goals is their self-limiting beliefs. When you allow your self-limiting beliefs to control you, you set goals far below what you are capable of achieving.

I made that mistake. I never believed that I could win an Olympic medal; consequently, I only set a goal to compete in the Olympics. I made it three times, but, what if I had set a goal to win a medal? I might have become an Olympic medalist. At least I would have placed higher than I did. Don't make that mistake. Aim as high as possible.

Imagine what your life would be like in five years if it were perfect in every way. Focus on creating your ideal life and you will overcome your self limiting beliefs. I constantly imagined what it would be like to walk into the Opening Ceremonies. By doing that, I overcame my self-limiting beliefs that I could not become an Olympian. If I had instead imagined what it would be like to be a medalist, I would have overcome those self limiting beliefs.

See how this works? If you vividly imagine it enough, you start believing it's possible. Once you believe it's possible, you start acting like its possible. And if you act like its possible long enough, if you take enough action, before long, you make it a reality.

Imagine you had all the time, talent, abilities, and resources you needed to create your perfect life. Imagine you could not fail. Now, what would your perfect life be like? Where would you be living? What would your work look like? What kind of relationship would you have with your loved ones? How would you look and feel if you were in perfect health? Don't settle for smaller dreams and goals. Go for the gold! Big dreams have the power to inspire you to action and the power to inspire others to help you.

Now ask yourself, "How will I do this? What additional skills do I need to pull it off? What do I need to do every day to acquire those skills and to become an expert in my field in five years? How will I do it?" If you keep asking yourself those key questions, the answers will come.

Once you start focusing and thinking about the future, start asking yourself how will you do it, and start taking massive action, you will be a lot happier. Because happiness is a byproduct of working hard to reach your goals and dreams.

### **Put it into action:**

Focus on your long term goals. Ask yourself "How will I do it?" And when the answers come, take massive action in the pursuit of your goals and dreams.

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