



Going from Wishful Thinking to Commitment

Are you fascinated about your dream? When a person becomes totally fascinated with the possibility of achieving something, they become unstoppable.

When I became fascinated with the idea of becoming an Olympian, I was able to hold on to that vision even though it would involve many years of training. People tell me I must have a lot of willpower. I don't think I have any more than most people. What I had was an enormous fascination with the thought of becoming an Olympian and I had the desire to make it happen. It was the fascination with the end result that kept me going.

Dreams are very fragile things. Whenever you have a dream, you must nurture it and protect it so it will gain strength and so you will have time to develop the belief that it is possible.

If you don't nurture your dream, it will simply remain a fantasy. Fantasies do not come to fruition because when your dream is a fantasy, you are operating out of wishful thinking. Wishful thinking is when you are not doing anything and hoping your dream will somehow fall on your lap.

Sooner or later you have to become committed to your dream and start taking action. Commitment comes when you stop listening to your fears and start listening to your inner voice. That voice that urges you to pursue your dream.

When you stop taking council from your fears and start taking council from your heart, your dream will gain strength and you will become a person on a mission, a person that will not be satisfied until they reach their dream. Success is a decision. It's an inside job. You just have to believe.

You must hold on to your dream and know it like you know your name. Can you imagine someone trying to convince you that your name was not really your name? You'd look at them like they were crazy. You'd think to yourself, "This person has no clue!"

Well that's exactly how you need to react when someone questions your capacity to achieve your dream. Whenever someone laughs at your dream, you've just run into someone who does not believe as much as you do. Stop associating with anyone like that. Don't waste your time trying to convince them. You'll be wasting precious time and energy you could be using to reach your dream. Just smile, run, and think, "You watch me, Buster!"

If someone asks you what makes you think you can achieve that, simply say, "I just know because I know." Don't let others let you settle for anything less than your dreams. You have a champion inside that is urging you to pursue your dream. Listen to your heart and go for it! Accept the challenge so you can experience the exhilaration of victory.

Put it into action:

Protect your dream and nurture your dream. Don't waste your time with people who don't believe in you. Associate only with people who believe and encourage you.

FourWinterGames.com

© Ruben Gonzalez

