

Are You Confusing Your Brain?

How to Program Your Mind to Attract What You Want

by Jack Canfield, America's Success Coach

We all aspire to be, do and have great things. Yet most of us simply aren't creating the results we want. We don't have enough money, romance, success or joy in our lives. But what we need to understand is that greatness exists in all of us. It is simply up to us to pull it out of ourselves. We all have genius. We just need to learn how to apply it.

Decide What You Want

In order to get what you want, you must first decide what you want. Most people really foul up at this crucial first step because they simply can't see how it's possible to get what they want — so they don't even let themselves want it.

Don't sabotage yourself that way!

What scientists now know about how the brain works is that you must **first decide WHAT you want**, before your brain can figure out HOW to get it. Once you lock-in your desires, your mind and the universe can step in.

Are you ready to get started?

Be Willing to Dream Big Dreams

As soon as you commit to a big dream and really go after it, your subconscious creative mind will come up with big ideas to make it happen. You'll start attracting the people, resources, and opportunities you need into your life to make your dream come true. Big dreams not only inspire you, they compel others to want to play big, too.

Set Goals That Will Stretch You

Another value in giving yourself permission to go after the big dreams is that big dreams require you to grow in order to achieve them. In fact, in the long run, that is the greatest benefit you will receive from pursuing your dreams — not so much the outer trappings of fulfilling the dream (an expensive car, impressive house, loads of money and philanthropic opportunities), but who you become in the process.

As I've seen many times over, the outer symbols of success, can all be easily lost. Houses burn down, companies go bankrupt, relationships end in divorce, cars get old, bodies age and fame wanes, but who you are, what you have learned and the new skills you have developed never go away. These are the true prizes of success. Motivational philosopher, Jim Rohn advises that *"You should set a goal big enough that in the process of achieving it, you become someone worth becoming."*

Service to Others

Something else you'll discover is that when your dreams include service to others — accomplishing something that contributes to others — it also accelerates the accomplishment of that goal. People want to be part of something that contributes and makes a difference.

Turn Your Dreams into Goals and Objectives

Once you are clear about what you want, you must turn each item into a measurable objective. By measurable, I mean measurable in space and time — how much and by when. For instance, if you were to tell me that you wanted more money, I might pull out a dollar and give it to you, but you would probably protest, saying “No, I meant a lot more money — like \$20,000!” Well, how am I supposed to know unless you tell me? Similarly, your boss, your friends, your spouse, your brain — God, the Universe — can’t figure out what you want unless you tell them specifically what it is. What do you want — exactly — and when do you want it by?

Write Your Goals Down

Write your goals down in detail, and read your list of goals every day. This will keep your subconscious mind focused on what you want. For an even more powerful approach, close your eyes and focus on each goal and ask yourself, “*What is one thing I could do today to move toward the achievement of this goal?*” Write down your answers and take those actions.

To help your reticular activating system begin finding YOUR wants in unexpected places, **take time now to decide what you want** and start writing!

Remember, don't hold back!

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