

A portrait of Bernard Lee, a man with dark hair, smiling, wearing a grey suit, white shirt, and patterned tie. The background is a textured grey.

BERNARD LEE

THE NEXT LEVEL

THE PROVEN WAYS TO WIN AND ACHIEVE YOUR DREAMS

THE
NEXT
LEVEL

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The Proven Ways to Win and
Achieve Your Dreams

BERNARD LEE

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ACKNOWLEDGEMENTS

It takes a vision and many days of deep thinking to write this book. There were times I felt that I would take a much longer time to actually finish it, but through perseverance and constant reminders, I was able to get back on track with passion to complete it.

I am grateful to God who has enabled and inspired me to write this book. Without his hope and inspiration, I would have been so confused.

I would like to thank my family for their encouragement and ideas, especially my eldest sister Lilian Schultz for her support and belief in me. Your support means a lot to me and you have played a significant part in this book to help spark people's hope so they can bring their dreams to life.

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Finally, I would like to thank all the people who have given valuable input in the initial stage and helped me to choose the best title for this book, namely Mr. Jack Wong of Singapore, Serial Entrepreneur and Best Selling Author; and Mr. Mac Attram of London, Chief Executive Officer of Mac Attram Group, United Kingdom.

AUTHOR'S NOTE

Do you have dreams you want to reach but find yourself stuck with the dreams inside of you?

We all have dreams, but few people get to make their dreams a reality.

Do you find it difficult to break through to the next level and get the results that you want?

We all have the desire to progress in life, but sometimes we find ourselves hitting a 'glass-ceiling' and the harder you try, the more times you fail to break it.

This book is for you if you answer "yes" to any of the question above. To help you, I want to share with you my experiences (not just theories) as to how you can convert these dreams into reality, create more pockets of opportunities for yourself so that you can finally break the glass ceiling and take your life to the next level. Like me, you will become a visionary because you have the clarity to know who you are, what you do, what you love and what you want in life.

This book will empower you to reach your dreams and elevate you to the next level of your areas of focus. You will learn how to get from where you are to where you want to be. You will discover practical strategies, tips and information that work for you, helping you to reach your dreams and move up to the next level of your life.

Acquire the essentials for reaching your dreams in Section 1 on The Dream and The Plan, Section 2 on The Heart and The Journey, and Section 3 on The Mistakes and The Faith.

I wrote this book because you want to be your best and to move up to next level of your life. There is a dream in you that will not die off, and it has been in you for such a long time. Now is the time to rise up and

start moving towards it. Some of you may have tried and failed, but that's not the end. There is also a living hope, not a dead hope, which is calling for you to reach forward and be the best you can be. Your destiny is so much bigger than your past mistakes and failures.

This book will provide you with valuable resources so that you can define your destiny and your life goals, develop your ability to turn these goals into reality – step-by-step and move-by-move – and deploy the necessary resources to allow you to make the genius move of learning from my mistakes without costing you anything financially and emotionally.

Throughout the book, you will find practical tips to use, real-life success stories to inspire you, wise sayings from well-known personalities and facts to motivate you to start thinking.

Like you, I reached a point in my life where I wanted to refocus and take my life to the next level and waste no more. Dreams are for dreamers and they will continue dreaming. I invite you to be a visionary because a visionary takes action to turn his dreams into reality. So here is my question for you – would you rather be a dreamer only or a visionary? If you choose to be a visionary, start reading Chapter One right now to begin the journey of achieving your dreams and move up to the next level of your life successfully.

On to Chapter One!

Bernard

THIS BOOK IS DEDICATED TO:

The millions of people
who are looking for A BETTER LIFE,
with unrealised dreams inside of them.

Those who are looking for
A NEW DIRECTION
in their business, career, or life.

The outcasts and underprivileged
who are looking for HOPE.

All the individuals whom I have
learned from, both past and present,
who strive to be their best and paid the
price to be where they are today.

The Almighty who sustains everything
and acts with perfect timing.

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CHAPTER
ONE

DARE TO
DREAM BIG

Chapter One

DARE TO DREAM BIG

Every great vision began with a dream, so the first step in getting to your next level is to allow yourself to dream BIG.

WHY ARE DREAMS IMPORTANT?

Everyone dreams and is created to dream. Dreams can benefit you and the world. Regardless of what kind of background you come from, you were created with a dream that is living in you. However, your dream has to be of good to you, and to other people. Every great achievement begins with a dream. Regardless of your age, you do have dreams. And dreams keep you alive because you have a destiny to fulfill.

The main reason you have a dream is because you were made with a purpose. Only you can know your own purpose, though others may guide you. Of course, it takes time to discover your purpose. Your dreams and your purpose are closely related to one another. We will talk more about this later in the chapter, on discovering your purpose that leads you to fulfilling your dreams. What makes you valuable is the dream that you carry within you today. No one else has your dream, and no one can dream like you do. They can't feel what you feel, and they can't truly understand what you know. Never let others steal away your dreams; they may criticize you or even devalue you in many ways, but this doesn't diminish the value of your dream.

Do you realise that every time you think about your dream, you get pumped up? At times like these, you may even tell yourself "I can conquer whatever comes my way." Well let me tell you, "Yes, you can!" This is because dreams were given to make a positive impact on ourselves and the world. So many people are waiting for one another to make a strong and positive impact to our negative surroundings. Do you feel you have to do something about it? For example, you could create a better work environment, reach out to the outcast and the poor, hit the sales results that will eventually make you a leader who can help many people in the business field, have stable and happy home, encourage society to embrace each other, and so on.

WHAT MAKES YOUR DREAM SPECIAL?

Dreams live inside of you. They are free in the sense that they cannot be bought, yet they have value. What's more, dreams have no limit. You can dream of a better future and a better life. You don't need any physical investment to dream because you were born with it and eventually discover it within yourself. Have you come across someone who tells you about their dream with such great passion but you feel it's impossible to attain? It's simply because it's inside of them, and your dream is inside of you. Just like a pregnant woman who shares her difficulty during her pregnancy with a man. All the man can do is nod their head and say "I see" but he will never feel it because it's not inside of him.

All the great people of the earth achieve greatness with a dream. All the great things in life have been done with great dreams. Things such as a strong mental attitude, a fit and healthy body, deep spiritual understanding, stable financial standing, excellent career and business establishment, good social standing, and good family relationships are attained through a definite dream inside of them. Your dream must be definite. Even when you are sometimes tested with failures and disappointments, you need to keep on dreaming because if you can dream it you can achieve it. Remember this: good things come to those who persevere.

Dreams keep you going. When you are tired and being knocked down again and again, what keeps you going is the dream that is living in you. I want to let you know that there is always strength for you to come back

and go after your dreams. Maybe some of you have been through many instances of defeat and you feel that it is no longer worth it to pursue your dream. Even though you may find yourself in such a position, I want to tell you there is always a light at the end of the tunnel. And that light is your dream. That light is waiting for you. You cannot give up now. Your dream needs you and you need your dream.

GET INTO THE MOTION

Dreams will constantly come back to you. You may ignore your dream when you think it's over. But your dream will keep on coming back to you. You will be surprised that places you go may rekindle the fire of your dream. Sometimes it's people that you encounter who will fire up your dream. From my experience, elements of that dream will call to you in the people that you meet, events or circumstances that you experience, articles or books that you read, or even strangers who may have said something in passing that makes you stumble or leave you in tears, because it's the call of your dream. Don't ignore the signs, respond to it positively.

You will know that your dream has been fired up by the way you get excited when you see an opportunity that is related to your dream. At times, when you feel low and down, and something that is related to your dream appears, you suddenly get all excited and your eyes widen because you are so connected with your dream. Your heart pounds hard and fast whenever you see an opportunity occurring in front of you that could help you reach your dream. It could be a business opportunity, career advancement, better relationship or even your dream life partner. At that moment nothing can stop you; all the noises of the world just get muted, and it's only you and your dream.

Even when all things fail, you will find you are still thinking about your dream. In the first few attempts to reach your dream, you will encounter unpleasant experiences. You will even tell yourself to stop chasing your

dreams. But after a while, you will find yourself thinking about it, then from thinking about it you begin to draft out your plan again. Your motivation comes back, and you are ready to give it another shot. That's the indication of the living dream that never dies. So it's OK even if you failed a few times, because you will know your dream is real, and you will once again dust off the dirt of defeat and move towards it again.

FIGHT FOR YOUR DREAM

There is ample proof of people who have attained their breakthrough with a dream. From sports, business and finance to social and personal breakthroughs, history has shown again and again that world records are broken, and breakthroughs happen one after another because of dreams.

When you are connected with your dream, you cannot help it but to experience positive emotion. You may even laugh at yourself when things are not moving accordingly. You are not bitter, but it makes you better and stronger. Even if you shed tears of disappointment, they will turn to tears of joy. It's OK to be emotional about your dreams. It's your dream anyway, not someone else's.

You are willing to fight for your dream because deep down inside you know that's what you stand for and you are willing to face the challenges that come. Nothing is real to you until you feel it, know it, and see it in your own heart. Your dreams are real. You may need to stand on your own in the beginning, but eventually people will begin to see what you see.

LEARN FROM EVERY EXPERIENCE

Your experiences help you to prepare for your dream. When you look back on your experiences, you will see that things happen to you so you can go after your dreams. Some people are born into a poor environment and they have a dream to have a better life for themselves and their family. Then they work towards their dream so that they can have a better quality of life. If you are facing ineffective leadership at your workplace, and you have a dream to build people to be effective employees, you could be the leader that people are looking for.

Your activities are always related to your dream somehow in one way or another. Whenever you are doing something that you dream of doing all the time, you feel like you can do it forever and ever, even though you feel exhausted. It's another indication that you are connected to your dream. Could it be the right time for you to engage with your dream?

Even when you are busy, you will never miss out on thinking, planning visualizing or acting on your dreams. The more attention your dream gets from you, the more it will give back to you. Dare to dream big. Dream it in such a way that you need a miracle for it to happen. If you are a clerk, dream to be a manager. If you are a sports player, dream to play in the World Cup. If you are a financial planner, dream to be #1 in your market segment. If you are a cook, dream to cook for royalty. If you are a musician, dream to play with the top bands in the world. The list goes on and on. Dream to be in the best of your field.

LET YOUR DREAM SUSTAIN YOU

Your dream is a compass to your life's purpose. You get similar answers every time you ask yourself 'Why am I doing this?' You may be uninterested or interested, but the answers are going to be the same. You may even wonder if you're going after your own dream or being distracted by someone else's dream. If you are not sure ask yourself – is it worth the time, effort and energy that you will need to invest or commit?

You are willing to withstand the shame, hardship, and misunderstanding of striving and failing to achieve your dream. If what you are doing is not related to the dream that leads you to your life purpose, I am very sure you will not do it for long, and you will throw in the towel and say "That's it man, I have had enough." Many are in the dark when it comes to their life's purpose. Since life's purpose is related to the dream, it's going to be very personal.

You will have a sense of assurance when you think about your dream. And that assurance will point you to your life purpose. Bear in mind that as you journey towards your dream, plans may change, but the purpose will remain. It simply means your dream will never leave you.

STAY FOCUSED

Do not confuse a dream with an interest. The dream has to be of value in building something better not only for you but for other people too. If the dream is only to build yourself and minimize the growth of other people, it is selfish and you may want to relook your intention.

Interest can fade away, but not the dream. Remember a time when you were so interested in something that you would text your friends about it all the time, call them and talk about it again and again. Then after a while, you and your friends stop mentioning it; worse still, everybody forgets about it. A classic example is going to the gym. Many want and talk about having a fit body but research shows that after 90 days, 70% to 80% of gym goers will eventually drop out. Why? Because it's based on interest, and interest is based on feelings, and feelings fluctuate. In contrast, dreams are very different. Feelings are involved but it doesn't only depend on feelings. Instead, dreams have purpose.

DREAMS	INTEREST
<ul style="list-style-type: none"> • 80% intelligence-based • Purpose-driven • Requires discipline • Enables you to smile through hardship • Learning experience 	<ul style="list-style-type: none"> • 80% emotion based • Fun-driven • Fluctuates according to mood • Difficult to endure in hardship • Unfulfilling

VISUALISE YOUR SUCCESS

Visualizing your dream is a proven strategy. Visual impact is the best method to draw your dream closer to reality. Our minds function with the help of pictures or images. If you keep visualizing your dream and make it as real as possible, you are attracting it. This practice is not something spooky. In fact, everybody uses visualisation all the time but in different ways. Some do it through mental visualization, and some do it through prayer. Some may even do it through meditation. However you do it, the bottom line is to have the dream running actively in your mind. The mind is very powerful, so you need to be careful that you visualize your dream properly.

The more you think about it, the closer you are to your dream. I would recommend visualizing plus verbalizing, especially if your surroundings permit you to do both at the same time. Whether it's a dream of your promotion, breakthroughs, health improvements, family restoration, spiritual development or financial and business dreams, believe me my friend, it will come. It's just a matter of time. A warning – when you visualize your dream, sometimes there will be 'opposition' that comes as a test of your commitment. We'll talk about it in a later chapter.

Put up an emotionalized vision board. Use pictures connected to your dreams on a board where you can see it clearly. Don't hide your dream pictures in your diary or planner. Display it on the wall, at your working table, places where you can see it often. Take a snap shot and put it on your phone as a background picture. Whenever you visit your vision

board, connect with it. Feel it, talk to it. Yes, I say talk to your dreams. Who's going to talk to your dreams except you? Do you think your friends, colleagues, partner, or even family members will do it? No way!!

STAY STRONG

Be careful of toxic people you may have around you. These people can't stand your dreams. You know why? Because they feel inferior or jealous. Some call them haters. Take it as a compliment when people try to water down your dreams. People don't gossip about average people. Perhaps they are fearful that if you become outstanding and successful, they will be left out of your life. Well, love them from afar. Who knows, they may change one day.

Past incidents and the environment can ruin your dreams if you are not careful. If your background is negative and hopeless, chances are you will reflect that in your life. However, if you take action consistently to change for the better, then your future will be better and brighter. Remember, your dreams never leave you; you just need the right thinking and environment to pursue your dreams. Your dreams are too precious to be killed by past incidents or a bad environment. There is always a second chance or even a third, fourth, fifth and more.

One of the deadly dream killers is indiscipline. You can be the most talented person, but if you are not disciplined enough, it's pretty tough to achieve your dreams. If you put a highly disciplined person with an average skill set and a highly talented person with undisciplined behaviour, the highly disciplined person with average skills will achieve her dream first and faster compared to the highly talented person with undisciplined behaviour. If ever the undisciplined person achieves her dream, it will not last for long.

FIND GENUINE SUPPORT

Dreams must be shared for them to be activated. When you conceive the dream, you are full of enthusiasm and it can be seen through your behaviour. You tend to be more active and outgoing. People will ask you "why are you always so happy and active?" You need to share that because it's your dream that keeps you happy and active. At times you would need to share the joy, not with arrogance but with positive energy and sincerity with people around you.

You need to get the right people to participate and share in your dream. The wrong people will give wrong input or even try to remove your dreams from you. The right people would be people who are happy to see you win, willing to recommend you and give good feedback about you. You will know who is for you or against you. When you surround yourself with people who are willing and happy to hear from you regarding your dream, you will rise even higher to reach your dreams.

Have a plan. Before you share your dreams with people, have a plan on how you will go about achieving it. They could be your support group and they need to understand how they can help you to achieve your dreams. They are there for you. Your plan could consist of how you want to achieve your dreams and how they can be part of your success.

ALWAYS MOVE FORWARD

Many people are living their lives based on their past. For example, if a student dropped out from school 20 years ago, he may think that he is not capable. Or a failed business person may think that he is never going to be successful in business. What happens in the past is a fact, and that fact cannot be contaminated with the truth. The truth is your future, a future where you achieve your dream. You may be the victim of the past, but that doesn't mean you must be the prisoner of the future. We become wiser from our past and know what not to do.

Times change and so must you. We can't turn back time but we can turn towards the future and march forward toward our dreams. Learn to let go of the past and pick what works for you now and for your future. Don't be too hard on yourself for the wrong decisions you have made. Take up the responsibility to move towards your dreams. Don't repeat the same old mistakes, but learn from the priceless hard lessons.

Your past and future are heading in two different directions. You can't move ahead by looking back while driving. It's either forward or backwards. In a car, the rear mirror is for you to glance into for a split second in order to safeguard your driving. It is not meant for you to be constantly focussing on what's behind you. Can you imagine what would happen if you focus only on the rear mirror and seldom glance through the front screen? Likewise, in order to achieve your dreams you need to focus forward, and only glance behind at the past for a split second to learn from your past.

REMEMBER, IT'S YOUR DREAM

Do you sometimes compare your dream with someone else's? Most people will say yes. The reason is very simple. You have not made your dream a priority while the person you are comparing yourself with, has made their dreams a priority. The moment you compare your dreams with someone else's, you lose sight of your true self. And when you lose sight of your true self, you will lose sight of your own dreams.

Every athlete has their own lane to race, and every football player has their own position to play. The athlete can't switch lanes while racing because he/she will be disqualified and a goalkeeper cannot abandon his/her position to become a striker (even though some goalies will do that, but not for the full 90 minutes of the game). You are unique and so is your dream. There is no one who can fulfil your dream like you do because there is only one **YOU** in the entire world.

You will never be happy and satisfied if you compare your dreams with another person. It may look interesting but it's not your dream. You can learn from their strategies and principles but ultimately you will only feel satisfied if you achieve your own dreams. Applaud those who have achieved their dreams, but stay on track towards your dreams.

NURTURE YOUR DREAM LIKE A LOVED ONE

Falling in love with your dreams is like falling in love with someone. The best way to fall in love with your dream is to care for and love yourself first. It's not because you are selfish, but because you are making sure you are strong and capable enough to love others. When you care and love yourself first, you will put your dreams first. Guess what happens when you put your dreams first you will definitely achieve it. And when you achieve your dreams, you are strong and capable enough to care for others.

Another way to fall in love with your dream is to revisit the first encounter when the vision of your dream was born. Recall the joy of the moment when you first discovered your dream. It's just like a couple who has been together for many years, when they recall their early years of marriage or courtship, they laugh, smile and hug each other.

One of the best ways to fall in love with your dream again is to have an internal 'positive dialogue' with your dream. The way your dream talks to you is by showing you your positive end. Sometimes your dream will use your own dialogue to converse with you. By having a positive, internal dialogue with your dream, you keep the flame of the dream burning bright.

KEEP THE DREAM ALIVE

Keep talking about your dream so that it is kept alive. It doesn't matter if it has been 2 months, 2 years or even 20 years. Sing about it, talk about it, dream about it, share about it, do everything to keep your dream alive. You never know which source will come to know about your dream and help you achieve it but the one person who needs to hear your dream often is YOU.

Visit your dream often. Get in touch with it. Never mind what people say about your dreams. Their opinion is secondary. What is important is what you say about your dream and what your dream says about you.

One of the best ways to keep your dream alive is to relate your dream to building other people's dreams. Think of ways to help people through your dream. When you achieve your dream, remember there are people along the way whom you can help. Remember, your dreams must bring goodness to yourself and others too.

RECONNECT WITH YOUR DREAM

Sometimes, because of your busy schedule, you tend to forget about your goals and dreams. This is why it's good to have someone – a friend, partner, colleague or mentor – who can help you on your journey. Try to find someone other than your family members as sometimes it's easier to take an outsider's view more seriously than that of your own family members. Tell them to check on you once in a while on your progress towards your dreams. Give them permission to check on you, and don't forget to thank them.

Another way to stay connected is to have a habitual daily practice. Make it part of your daily routines; slot in some time (10 minutes perhaps), to ponder and review your plans and how it moves you towards your dream. Do it 3 times a day, and add more time to it if you want to.

You can also find creative ways to be reminded of your dream with daily activities. Bottom line is you need to keep your dream as close to you as possible.



You will be surprised that even spiritual dreams such as supernatural healings and miraculous events such as being saved from accidents do happen every now and then.

My late brother and his wife experienced a miraculous event. After his wife gave birth to their second child, she was told by her doctor that her body wasn't able to conceive anymore. They tried again and again but failed to have a third child. It seemed like the dream for a third child was no longer a possibility. Then one day, after an indication from a minister, they took up the challenge to dream again by believing it through a simple and very short prayer. Nothing happened until a few months later when she started to feel uncomfortable and went to see a doctor. And guess what? Yes, she was pregnant. Now she has not only three but four happy and intelligent children.



Take some time to ponder these questions and write down three answers for each question:

- » What is my dream?
- » What keeps me thinking about it?

“
Never underestimate the power of dreams
and the influence of the human spirit.
We are all the same in this notion: The
potential for greatness lives
within each of us.
”

~ WILMA RUDOLPH, *Olympic track and field sprinter*

CHAPTER TWO

START WITH AN END IN MIND

Chapter Two

START WITH AN END IN MIND

If you don't take the time to think about your finish line, you will never get to it. The finish line may not be right in front of you, but you still need to know where it is. For example, if you want to get promoted, your finish line could be a good Key Performance Indicator (KPI) report.

Another example is if you want to lose 10kg, then your finish line could be completing 40 consistent days of 1½ hours cardiovascular exercise and 20 minutes of weight training with a low carbohydrate diet.

No one else is going to think about it and reach the finish line for you. You have to do it on your own. Intense thinking is hard work, you will get tired mentally and sometimes the negative side of your mind will talk you out of it. But you have to stay strong and positive.

Here Are A Few Ways To Start...

- a) Clear Your Mind & Visualise Your Finish Line
- b) Stay Positive
- c) Take Action
- d) Take The Time to Plan
- e) Surround Yourself with Good People
- f) Recognise Your Own Value
- g) Stay on Track

CLEAR YOUR MIND AND VISUALISE YOUR FINISH LINE

For you to see your finish line in your mind you need a conducive atmosphere or environment. It's good to go back to nature which rejuvenates your whole being and refreshes your mind. Nature is a good environment for you to focus and visualize. Avoid places that are noisy and stressful; you will not be able to see your finish line clearly in your mind under such circumstances.

You may want to have an organized area to work on your dream. An organized work area will help you to focus. If your work area is cluttered, it will be difficult to have a clear mind to see your finish line. Being able to see your work in progress can help you to see that you are getting closer to your finish line, while a cluttered area makes it hard to see.

Picturing your finish line in your mind creates a stronger connection. You may want to enhance your vision of the finish line in your mind by using strong visuals for added impact. If you have a scene from a movie that shows you how you want your finishing line to be, repeat the scene in your mind every now and then. The repetition of the scene will create a permanent image in your mind.

By doing so, you will see your finish line clearly and the clearer you see your finishing line, the more proactive you will become.

STAY POSITIVE

Everything good that is about to happen begins with you. If you are not excited about reaching your finishing line, do you think you will achieve your dreams? The obvious answer is no. You have to start with a finish line in mind and get excited about moving towards it.

You are responsible for your results at your finishing line. Get up each day and run towards it. Be tough on yourself, and you will thank yourself in the future. All the great things in life have been done with great motivation. If you are not excited about reaching your finishing line, others will not be excited either.

Your finish line is your partner in fulfilling your life purpose. Your undying dream is always tied to your life purpose, therefore your finishing line has to be clear. If you don't know where your finish line is, you will not achieve your life purpose. And most people don't fulfil their life purpose.

Before you hit the finish line, there will be many obstacles and heartaches. Every time you hit that wall and fall, remind yourself victory and breakthrough is over on the other side of the wall. Get up, dust yourself off, tell yourself "I'm bigger than this obstacle!" and begin again.

Only the bold and strong will win the race. We live in a world that is full of negativity. You need to separate yourself from the negative elements that can hinder you. Sometimes the negative element could be your very own thinking. Take up the bold action by standing strong. Move forward towards your finishing line.

There will be people who are not going to be happy for your victory when you reach your finishing line; these are naysayers. You must know that your race is your race and yours alone. You are not running for the naysayers. It doesn't matter if the naysayers are not happy with you. Your focus is on your own race and the people who support and love you.

TAKE ACTION

You need to take the first step towards your finishing line. Take action. It doesn't matter if the action is small, eventually, when momentum catches up, you will start taking bigger steps. Clear your mind from distractions. There will be thousands of things that will distract you. If you have a smartphone, you know what I mean. Daily routines and activities will distract you from taking action towards your finishing line.

When you feel fearful about taking action because your mind says "What if this happens?", or "What if that happens", you need to just do it and make the leap towards taking action. There will be no perfect time for taking action. The best time to take action is not yesterday or tomorrow but NOW. When you take action, the future is certain. But if you don't take any steps at all, not even baby steps, you have already lost the race towards achieving your dream. Take a look at the word NOW; if you spell it backwards it spells WON. It simply means when you act NOW, you have already WON in a certain way.

Nothing happens until you start taking action. Train your mind to just do it. T. Harv Eker author of *Secrets of the Millionaire Mind* puts it this way: "Ready, Fire. There is no "Aim". The aim part comes later. Life is meant to be in constant motion. Even if you are seated in silence, there are movements and actions happening around you and in you. And many times the movements and actions happen in silence and can't be seen because it's invisible to our naked eyes. Yet these invisible movements and actions can cause you to take action towards your finishing line.

The greatest evidence of knowing that you are heading towards your finish line is your motion towards it.

TAKE THE TIME TO PLAN

Planning is important in helping you to reach your finish line. You need to have plans. Create short-, medium-, and long-term plans. Planning takes much time but it will help you to see your plan as a whole. When you do your planning, always seek input from the right people.

You need to be flexible with your plans. Every successful journey towards the finish line was never smooth. There will be U-turns, detours, wrong turns, and sometimes you get lost along the way. The key is to be flexible, but never sway away from your finishing line which will help you to reach your dream.

Know that plans may change, but the purpose remains. Just as there were no hand phones or smartphones 20 years ago; we only had a house or office phone, and public phones. But things change, plans change as time passes. But the purpose of having phones remains, that is to communicate with others.

Put practical steps in your plans. Know your strengths and challenges. Identify your opportunities. Once you know yourself well, it's much easier to plan towards your finishing line because you can seek help with things that you are not good at. And for things that you excel in, you can soar with it.

Fight the battle within your strength zone, where you are strongest. It would be silly if you go towards a battle using your weak areas. So when

you plan, gather all your resources in all the areas that you are strong in. And seek guidance for areas you are weak in. You may want to include other people in your plans to help you to take action towards your finished line.

SURROUND YOURSELF WITH GOOD PEOPLE

If you prefer to be with people, get into a like-minded group of people. This group can support you and encourage your mind to see the good side and the high possibility of crossing your finishing line. Remember to be selective in choosing who you get yourself acquainted with as a group can easily influence or distract you from your finish line.

Form alliances with people who are strong in your weak areas. You need a team to journey with you. Of course, you need to pick the right people who can catapult you towards your finishing line. These are people who will be glad to see you win BIG and don't have ill intention towards you.

Get support from your team. Getting there requires teamwork. We don't know everything. That's where your team plays the important role of helping you when you are stuck in your journey towards your finishing line. It is wise to fight the battle with good advice. It may not be easy to get a good team, but once you find the right blend of people to form your team, most of the things you are not sure about will be answered quickly. When you have a good team, you always know that there are people to back you up when you are down.

When you approach people to include them as part of your team, you must have a plan in hand. Don't talk to people without a plan. You will waste your own time and their time as well. Be genuine when you talk to them. Tell them your goal and how they can be part of the plan and team. Share with them what their benefits would be in getting involved

in your project or being part of your team. Tell them your vision. Plan to reward the person who gives you wise advice if you succeed and thank them even when your plan changes. You must show gratitude to people who have helped you along the way.

Modelling someone successful is the best and quickest way to reach your finishing line in order to attain your dreams. The person you model will determine if you will reach your finish line or not. When you model someone, you tend to follow his/her footsteps in doing things pertaining to your dream.

Choose your model carefully. Not everyone can be a good model. See if he/she is suitable to be your role model. For example, has he/she has gone through a similar journey as yours and reached their finish line successfully?

There are role models who are genuine and have a good reputation in helping people to reach their finish line. On the contrary, there are role models who are not genuine, and they help because of different motives. They are different from the genuine role models. Genuine role models would ask "How can I serve you and help you?".

RECOGNISE YOUR OWN VALUE

Apart from role models, if you want to have a strong finish, you need to have the right perception about yourself. You must have high self-worth to forge ahead to the finish line. Most people are not going to help you discover your worth. You need to discover your worth yourself, so you will appreciate yourself.

People with a high level of self-worth are more motivated about reaching their finish line. They don't focus on what went wrong, but rather what can be done and what's the next step to keep them on course. You need to constantly have the right perspective about yourself. Keep telling yourself it is possible to reach the finish line. You are the only person who can have the final say about yourself and your finish line. Opinion from others is good but you are the one who presses the button, and you are the one who is the decision maker.

STAY ON TRACK

Don't expect everything to be smooth sailing as you move towards the finish line. Mistakes will happen and you need to prepare for when it comes. Face it and keep getting back on track. No one ever reached their finish line without having bad days and mistakes. It's part of the journey. Every successful journey comes with a price. And the price can be high at times, but you have got to pay the price to reach your finish line. You need to hunger for your finish line. Every time you are hungry for physical food, you will start looking for food and ways to fill up your tummy. Likewise, by being 'hungry' to reach your finish line, you will look for ways to get there. Even in the toughest times, you will still look for ways, because you are 'hungry'!

As you run towards the finish line, there are times you have to literally force yourself into the race and not have any other race in mind. The hardest person to discipline is you. You will feel the pain and struggles, and sometimes your mind will talk you out of the race. But you know what, you keep on running and do it anyhow. Continue saying "Yes" to your finish line. Remind yourself that the reward will be worthwhile and great. When you reach your finish line, you will look back with gladness and thank yourself for not giving in to those excuses that would have stopped you.



The world-renowned inspirational and charismatic speaker Joel Osteen is a great example of having the finish line in mind. Joel started out as a backstage camera crew that was hardly seen by the public. He was skilful and very knowledgeable in video editing and getting the right shots on screen to create an impact when people watch an inspirational speaker on television. He was raised to be behind the scenes all his life. At first, he preferred to play his part behind the scenes where oratory skills are not required, where you don't need charisma or leadership skills. Then one day his father passed away. His father had been a super-duper speaker who had a powerful persona whenever he spoke to an audience.

Now Joel, being a person who is used to being behind the scenes and never having the confidence to face a crowd, was given the heavy responsibility to take over his father's role in motivating, encouraging, and speaking about faith to thousands of listeners every week. People who were from all kinds of backgrounds who were experiencing negative things in their lives came to Joel for help and encouragement. It took Joel years of having the finish line in mind to be where he is today. The crowd grew from 4000 to 43,000. Today, according to Wikipedia, Joel speaks to 52,000 people every week in a building that was once used as a stadium, and he is the author of several best-selling books. Joel had his finish line in mind every day before his dream came to pass. He fixed his eyes upon the finish line and stayed focussed even though it was a very tough race.



Take a moment to ponder on the following:

- » Write down your finish line. What do you see?
- » What do you see yourself doing right before achieving the dream?

“
When you cross the finish line,
it will change your life forever.
”

~ DICK BEARDSLEY, long distance runner best known for first
place with Inge Simonsen in the inaugural 1981 London Marathon

CHAPTER
THREE

**KNOW YOUR
CURRENT STATUS**

Chapter Three

KNOW YOUR CURRENT STATUS

For you to go up to the next level and achieve your dream, you need to know your current situation. Are you happy and truly satisfied with your current situation? You need to know because it's the measuring tool for you to aim higher. If you are not satisfied with your current situation, it will show up in your behaviour. You will feel there is more to what you are doing now. You can't be still, and you always have a need to say or do something to change your current situation, and that is a good sign. You would want to change your situation if your current situation is not helping you to go further along in achieving your dreams.

If you look around, there are many people who are not happy or satisfied with their current situation and they hate the struggle. It's a sign for them that they need to aim higher and work harder to reach their dreams. Yet many deny the fact and simply hope one day everything will change. Let me tell you, it will not change until you start admitting that your current situation is not making you happy and you need to aim higher and work harder to reach your dreams. Deep inside, you know there is more for you. What you are doing now is nothing compared to what you can do and achieve. There are big achievements waiting for you, and big doors that are opening up for you. Take the step to move out from your current situation which is hindering you from achieving your dreams. Intrinsically you know you have something special and great which can propel you to the next level so you can reach your dream.

When you struggle in a certain area, it is trying to tell you to move on to

the next level and to become a source of blessing to yourself and other people. In other words, you go higher so that you can bring people with you to that level.

MARCHING ONWARDS

Your current situation may be bad, but doesn't mean you have to stay in that current situation. You can't rise higher and reach your dream if you choose to accept your current situation. You must make a decision that moves you out from your present situation. You will get stuck if you accept that the past and present are the same as your future. It is not! Here's a simple example: your age and body are not the same when you grow from a child to a teenage and then to an adult. You become better, wiser, and stronger. Likewise, your present situation is temporary. Because your level of success is highly determined by your level of self-acceptance, you need to accept the fact that you need to leave your present situation and move on to higher ground in order to reach for your dreams. You cannot live in denial if your present situation is not helping you.

If you are stuck at your present situation and you are not doing anything to move past it, I'm sure you want to stop talking about it and no longer want to visualise about reaching your dream. You don't get excited when an opportunity appears because you have lost enthusiasm. When an opportunity comes you don't even want to look at it or dare to think about it. All this is because you are stuck in your present situation. Your desire is dying off quickly. You feel worthless and lousy. But let me tell you that there is nothing and no one that can stop you from reaching your dreams, except yourself. I want to encourage you to stand up and walk out of your present situation and go up to the next level in your life, career, business, health, financial standing or relationship.

When you step out from your present situation and start the journey towards your dream, it's going to be a marathon, not a sprint. You will feel tired at times, and you may need to rest along the way. Feeling tired is not a bad thing. It simply tells you that you are working hard to move towards something you really want, which is your dream. In spite of your tiredness, your never-give-up-spirit builds tenacity and the character of a champion, which you need. The day you reach your dream, you will look back and be glad that you fought on even when you felt tired so you could get to the next level and get closer to your dream. When the going gets tough, the tough keeps going, growing, and glowing.

What is the best way to know if you are far from your dreams? Your present situation will indicate you how far you are from your dream. First is the most obvious - you haven't achieved it yet. Second, there's no plan in place to help you achieve your dreams. And third, you only wish for it but you take no action or positive steps to move out from your present situation. You need to be serious about getting to the next level because you will continue to struggle and live a life that is not happy and satisfying if you don't move towards achieving your dreams. It takes a lot of work, sweat and passion, and you need to accept the fact that you will make mistakes and fall, but also believe that you will bounce back because you are greater, smarter and stronger than you were yesterday.

IT'S A LONELY PROCESS

Why is it normal for you to be alone when you dream? Because when you step out from your unfulfilled present situation, you will feel alone and the people surrounding you may not understand you. Why? Because achieving your dream is a personal journey. It is completely normal for everyone who steps out towards their dreams to find themselves alone. Only you can understand how it feels to step towards your finish line and achieve your dreams. People are going to say all kinds of things to you and say that you will never reach your dreams. You will be misunderstood. Well, that's the journey of a champion in the making.

BE HONEST WITH YOURSELF

You need to question yourself honestly so that you can get an honest answer. When you step out towards your dreams, don't live in denial. Accept that you need to make plenty of adjustments, from the way you think to the way you live and behave. Be open about your needs, seek help and quickly admit your mistakes as you journey towards your dreams. Having a big ego will kill your success. Don't jeopardise your dreams by being too proud. Always remember it's not worth it to go back to your old ways or your old situation. Stay humble and be like a sponge that absorbs what it needs from good resources. When you fall or make mistakes, don't punish yourself. Correct it and love yourself in a great way.

MAKE THE CHANGE

How can you make the adjustments you need? Readjusting your life to make way for your dreams is an important step. Firstly, make up your mind that you want something different from your present situation. A made up mind is a solid mind. Tell yourself in the strictest way possible that you are not going to be the same ever again because you have had enough struggles and your dream is long overdue. There are going to be sacrifices that you have to make. Some of the things you need to sacrifice would be time, energy, activities, and money. No great thing in life is done without sacrifices. The more you sacrifice, the quicker and closer you get to your dreams. Train yourself to form good habits. It could take 6 months, or one year, or even more. But once you have formed the excellent habit of success, you are on your way to fulfil your dreams. It's not going to be easy at the beginning stage, especially in the initial 3 to 6 months. But the discipline of good habits will break through your unfavourable present situation and it will take you higher, faster, and stronger in achieving your dreams.

For the present situation to change, you must change first. Your present situation will remain the same if you don't change yourself. Change is a tough process, and most people don't like changes. They like to stick to the same safe routine that doesn't need to stretch their faith and they like feeling comfortable where they are. Sooner or later their unpleasant and negative situation will affect them badly. They will begin to find fault with everyone and say that it's not their fault, that other people caused him/her to be in that situation. One of the benefits of making changes

is you will never regret making good changes, such as choosing to step out from your negative and unhealthy situation. You may feel it's hard to leave familiar things behind, but in the future you will be glad that you did.

GET FEEDBACK

Why do you need to ask for feedback from a trusted source? You need honest feedback on ways to improve, because it can be hard to have perspective on your own dreams. You may not know what to do in the beginning. Don't do everything by yourself, that's why you need a trusted and reliable source. Unreliable sources will make your dream seem harder to reach or even kill your desire for it. This is why you cannot share your dreams and vision with everyone. If you do that, you will be so confused by negative feedback and you will feel disappointed. There will always be haters and naysayers who love to see you fail. So take your time to look for good sources who can give you feedback that helps.

ACT NOW!

You know nothing really gets done if you postpone it. You need to have a sense of urgency. Your present situation can be like quicksand. If you don't take it as urgent to move out from the present situation, sometimes it can be too late when you finally want to do so. By having a sense of urgency, it can save you from procrastination. Procrastination is like a disease that you don't feel the effect of until it's too late. Procrastination can make you feel your situation is overwhelming and it can paralyze you from moving forward towards your dreams. When you get into urgency mode, you get to accomplish much more. Remind yourself that if you don't do it now, you will be in big trouble in the coming days. This will help to create a sense of urgency. Or you can remind yourself that you have been waiting for this moment all your life, to go after your dreams, therefore you can't miss this opportunity.

MAKE YOUR DREAM A PRIORITY

You will not make it if you don't prioritise your dream. When you make something a priority and put your dreams first before anything else, it will definitely produce results. But if you don't make it a priority to get out of your present bad situation, you will suffer the same thing again and again.

When you make your dreams a priority, beware of time stealers that will rob you of your time. These things will appear suddenly like an ambush to draw you away from your priority. You will be surprised by some of these time stealers. Even though time is limited, it's never too late to go after your dreams. As long you are still living, you can do something about it. At times you don't really need to look for an external resource to change your situation. Often, what you need is already at hand.

Sit down with a notebook and start planning. Write down your plans so that you can see it clearly. When people talk about what they want to do, if there is no written plan, it's going to be hard to reach it. Ideas will come when you draw from deep inside yourself or your surroundings. It can save your time and money. At times you will be surprised by the awesome ideas that come from yourself. If you need to look for external resources, make sure it's genuine.

Get up each day and tell yourself, "This is my time. I'm going to fulfil my great destiny. I am bigger than my present situation. I am going towards my dreams".

As you plan and works towards stepping towards your dreams, the process of change will be rough and confusing at times. As I said earlier on, you need to stay hungry and keep the desire burning bright. By staying hungry for your dreams and keeping your desire burning, you will be so much more alert to opportunities and open doors. When you are sincere about your dreams, God will make the impossible possible.



Steve Harvey, the world famous TV host, author of several books and King of Comedy, is able to host 5 different shows at the same time by using humour and relatability. He is an inspirational person to many entertainers, world class stand-up comedians, children and young people, and even professionals.

Before Steve got to where he is today, he was sick and tired of being sick and tired of his situation. Broke, living in a car and divorced 2 times, he was discouraged. He had a dream, which was to be on TV. But his situation didn't permit him. He quickly realised that his situation at that time wasn't going to elevate him to be where he wanted to be - on world class TV programmes. He made the decision to move out from the situation that wasn't helping him to achieve his dreams. It was painful, but his dream was bigger than the pain. He changed the circle of people that he got acquainted with, his environment, and he even got a new life partner, a caring, classy and beautiful lady named Marjorie Bridges who encouraged and supported Steve and his dreams and loved him as he is.

When I see Steve Harvey on TV, he always projects an impression of being rock solid today, but that happened because he was sick and tired of being sick and tired of his past situation and he stepped out of that negative situation.



Take a moment to ponder on the following:

- » What is your present situation that is holding you back?
Write it down.
- » What are the possible ways for you to step out from the situation?

“
If your dreams and your current situation
don't match, it's time to do something.
”

~ BERNARD LEE, *Author of The NEXT Level* | Founder of
Success Driven Training & Consultancy | Visionary

CHAPTER
FOUR

**CRAFTING YOUR
BLUEPRINT FOR
BREAKTHROUGH**

Chapter Four

CRAFTING YOUR BLUEPRINT FOR BREAKTHROUGH

In this chapter I will talk more about planning. You need to get serious about your life and since it's your life, no one is going to be fully committed to your life except you, if you decide to be. To live effectively, planning is a must. If you don't plan, you are just planning to fail and you will fail to achieve your dreams. Get started on planning your journey towards your dreams. Don't waste your time. Every one of us is given a specific time frame to achieve our dreams, and once it reaches the time frame we will be taken away from our earthly existence. You will never know the exact time, but you can plan to achieve your dreams as quickly as possible.

To plan effectively, you need to discover your purpose first. Why do you want to achieve the dream? Who is it for and why? Ask yourself what is your reason for doing this. You need to live a life that is bigger than you. Always link your planning to your purpose of achieving your dreams.

Always plan with the big picture first. It's like fixing a puzzle – you fix the frame first, because the frame (big picture) guides you to pick the smaller steps (pieces) and fit them into the big picture. With the big picture in mind, you will not get distracted or discouraged by small adjustments, which are inevitable from time to time. Since you have the frame (big picture) you will have a guide in picking the right pieces of the puzzle

(plan) as you go along. Even if you run out of ideas, the big picture will keep you on track in your planning. Don't sweat over the smaller picture. As long you have the big picture (frame work), you will be ok.

Planning needs to be put down on paper or typed out. You can't plan in your head and expect to remember everything, and your planning will need to be tweaked from time to time. You can't plan with your mind alone. Use tools such a voice recorder, notepad, and pictures to ease your planning. We are living in a busy world and tend to forget many things. Ideas will come to mind, and whenever an idea to reach your dreams appears in your mind, quickly jot in down or record it in some way. It doesn't need it to be neat and tidy. The dirtier the paper gets, the better your planning will be as you keep adjusting things until they fit.

As I mentioned earlier, there are different types of plans: short-, medium-, and long-term plans. Short-term could be 3 to 6 months, medium-term plan could be 1 to 2 years, and long-term could be 3 years and longer. However, the duration really depends on the individual. As you do your planning, bear in mind things will change, and so will your plan. Again, you need to keep in mind your big picture which is achieving your dreams. As you plan for the short-, medium- and long-term duration, stay alert for better ways to reach your dreams. You need to go with the flow. At times you will come to a stage where a big opportunity happens right in front of you that can catapult you ahead.

Know that even heroes need the strengths and help of others. People are your best asset for planning to achieve your dreams and get to the next level. Stay open for people to give input on your plans and synergize ideas to make better plans. In times of battle, you need counsel and input from people. Take up the initiative to learn the plans of others and the proven ways and different angles in planning for success.

When you begin to look for ways to reach your dream, quickly seek out people who have gone through the same path. This is the easiest way to start. However there are some who would prefer to find things out for themselves. In this case you can do targeted reading. There are plenty of materials available which can develop you and your skills. Combining reading with talking to people who have gone through your path would be the ideal way, but it depends on the individual. Once you have found a way that works for you, don't wait. You must do it as soon as possible. Go and test it out and see which areas need to improve.

You need to have undivided time to plan how to achieve your dreams and step up to the next level. Solid planning is best done in the quiet moments where you are not distracted.

Your daily activities need to link to your dreams; you need to make sure they push you up to the next level. You may also need to sacrifice many things and set aside time to plan. When you plan to reach your dreams, you need to be disciplined.

No one else will plan your blueprint for your dreams. It's very personal and usually people will not feel what you feel, see what you see, and understand what you understand in regards to the direction you want to take.

During your planning stage, you need to be flexible in your plans. This is because you will tend to get stuck. Sometimes situations may require you to tweak your plans. Stay open for flexibility in planning.

Situations may change, and you can prevent things from happening without your knowledge. The key to staying motivated in your planning is to keep your eyes on the finishing line and your dream. Plans may change, but the purpose of your plan remains. The good thing about being flexible in your planning is that sometimes along the path it reveals something that requires you to start changing your way of doing things. The more flexible you are, the easier you can deal with setbacks and changes.

Whenever there is modification of your plans, it is a good sign. This is because there is no such thing as a flawless plan from the beginning. The largest, most beautiful building requires many modifications in their plans. It shows that you are working on it. And as you modify it along the way, it gets even better as time passes. Don't get stuck in the initial plan. Many people get disappointed when their initial plan goes off and they give up on their dreams. You become wiser when you tweak your plans along the way. Would you put your confidence in a person who has gone through many setbacks but didn't give up? A person who tweaks

their plan accordingly so that he could achieve his dreams? Of course the answer is yes. Therefore, when you need to change, tweak and modify your plans, it's a good sign that shows you are on your way up to the next level.

Once in a while, you need to review your plans and see how far you are from achieving it. You need to know this because what gets measured gets done. You will see what actions you need to take. If you do not know how far you are from your dreams, you will only be making a rough guess and it's difficult to measure when you are only guessing. This is why a written plan is good as a measuring tool. When you review your plans, it will show what is holding you back and the things that are helping you to speed up. I suggest you review your plans weekly. The more often you review your plan, the clearer it becomes in reaching your dreams.

Along the way, even in the midst of planning, you will face moments of confusion and you could feel discouraged and tired because of one reason or another. But you have got to rise up and tell yourself your dreams are worth the sacrifices. Once you attain it, all is well. The frustration will be gone when you reach your finish line. You will never achieve your dreams by being discouraged all the time. You need to get excited in planning for your dreams even if it takes up much of your time and effort. Be positive along the way when you craft your plans. It helps in creating a positive outcome. Sometimes you may need to have a change of plans to reach your goal. As I said earlier on, plans may change, but purpose remains. It doesn't matter where you are right now, compared to the place you are going to reach.

You may want to consider backing up your dreams by asking yourself "What if this doesn't work out? What should I do?" This means you may have to craft a plan B. However, don't spend too much time on plan B because it's only a support for your plans if something happens. You need to focus on your plan A, which is your original plan. Whenever you craft a plan B, look for alternatives that don't require much time. Make sure it supports you in achieving your dreams. One final note for this chapter, sometimes there is no plan B, just plan A. You have to keep it up and have a 'never say die' attitude and keep fighting for your dreams. You have got to be persistent and be adamant about your dreams because it's worth it.



Take a moment to ponder on the following:

- » Who or what can be a good source that can assist you in your plans?
- » What is your short term plan? Write it down.
- » What is your medium term plan? Write it down.
- » What is your long term plan? Write it down.

“
When you fail to plan, indirectly you plan
to fail without you knowing it.
”

~ BERNARD LEE, *Author of The NEXT Level* | Founder of
Success Driven Training & Consultancy | Visionary

CHAPTER
FIVE

HEART'S BURNING DESIRE

Chapter Five

HEART'S BURNING DESIRE

Your heart's burning desire will create a passion in you, elevating you to the next level. If you don't work on your plans with passion, you are just like most people, moving around without enthusiasm and living a life that is not exciting. Remember that a person without passion is only a person in motion, nothing more. When you are filled with the burning desire that comes from the heart, it will create an excitement that causes you to move forward with confidence. There is a difference between a person with fear and a person with passion. Both will move forward, but one is motivated by the heart's burning desire, the other is motivated by fear. Choose to live by your heart's burning desire. When you move forward with your plans with passion, it makes you an optimistic person. People like to be with people who are optimistic, not people who are living in fear. When you are passionate about your plans and your dreams, people will be attracted to you because many are not passionate about life and what they are doing.

You have a force in you that you may not have activated yet. You have got to use it because it will ignite you. It's the real force that will sustain you in times of difficulty and challenges as you embark on your journey towards your dreams. Every single winner in life, be it a sportsperson, corporate executive, businessperson, parent, student, government servant or entertainer, uses this force to sustain their passion in their endeavour. This force is called the voice of truth. It is a voice that constantly speaks to you especially when you feel discouraged and don't think you can

move on ahead to achieve your dreams and to go up to the next level. You will hear statements like "Get up and try again", "Keep moving forward", "Millions of people are looking up to you, keep leading", "Your dream is worthwhile, keep fighting", or "Don't ever give up". Your voice of truth may be different from others, but it exists and it's there to help you to go up to the next level.

Negative situations will come knocking at your door and will drag you down and away from your dreams. You need to keep the fire of your heart's desire burning brightly. There are proven ways to keep the passion for your dreams burning brightly. Prayer / meditation on your dreams will enhance and keep that passion alive, especially the spiritual side. I strongly believe prayer works. I personally do this very frequently. Another effective way to deal with negativity is affirmation. You repeat certain statements, using your feelings, facial expression and body movements to reflect that particular state you want to be. Repeat it often. You will be surprised by the results. It can also keep your flame burning bright by making a solid commitment to achieve your dreams for your loved ones and for other people. It's a stronger move compared to making a commitment only towards yourself because sometimes you will talk yourself out from the commitment you have made for yourself.

When your heart's burning desire is at its peak you will have the attitude of "I must have it". People with this kind of attitude will usually have consistent breakthroughs. It's hard to stop people with a "must-have" attitude. If your life is depending on your achievement of your dreams, then you will find ways to reach it. Big or small obstacles that come

your way will not hold you down for long. You will rise above it and begin to conquer it. As I mentioned earlier on, stay hungry for your dreams, stay hungry to go up the next level, and stay hungry for success. The behaviour of a person who is hungry for their dreams can be seen because they are constantly on the move, heading towards his dreams.

You mustn't stop thinking about your dreams. Have a ritual to think about it whenever and wherever you can. It's important to get it into your sub-conscious mind. Your sub-conscious mind will dictate all your actions. You need to have your sub-conscious mind filled with your dreams and ways to reach it. You will stay connected with your dreams and your actions, and plans will automatically move in the direction of your dreams. If you are constantly thinking about your dreams, you begin to attract it. What you keep thinking and talking about, is constantly thinking and talking about you. Light attracts light, and ignorance attracts ignorance. Be very careful what goes into your mind.

Once you are overwhelmed with your heart's burning desire it will consume you. You will start feeling uncomfortable to sit at rest or sleep early. You will rise early and sleep late because you are occupied with acting towards your dreams. You will feel compelled to do something for you to go up to the next level. When people are resting, you are working. When people are working, you are doubling your work. That's how a passionate person behaves. Of course, you do need to rest, but don't take it too easy unless you are not feeling well. You need to look forward to a good day every day. You may say it's not practical. Well, champions don't live based on what the circumstances are, they live based on what they

see in their mind with their heart's burning desire.

The path you have is not easy, and only a true champion will stay on course with the path they have set for themselves. You need to stay determined to reach your dreams. Rest if you feel tired, stop for a moment to regain the focus if you are lost, pull back one step to go 3 steps forward. Keep the fighting spirit going, and rejuvenate yourself often. At times you may need to have an extremely positive attitude. It means every single setback and difficulty that has happened to you is seen as a stepping stone that takes you up to the next level. And you accept that everything happens for a good reason. Stay away from negative influences in your life. If your surroundings and the people around you are not helping you to achieve your dreams, look for a place and people who will nourish and empower you to reach your dreams. Not all places are the same; find one that has a positive influence on you. And yes, there are still good and positive people around.

The best way to keep your passion burning brightly is to spend time with positive people. Whether they are winners or potential winners, it doesn't matter. What is important is that they are a bunch of positively-charged people who can recharge themselves and you in a positive way. Positive people who get lost in an attempt will turn the situation around for their own good and advance from there. Keep your senses engaged by reading materials that help you to achieve your dreams. Listen to audio materials that fuel your heart's burning desire. Whenever you drive, put on an audio file that plays positive messages. Stop listening to things that create fear and anxiety. Even songs can motivate you, but choose

the right songs if you know what I mean. Another good way keep your passion burning brightly is to attend seminars and training workshops. I personally do this very often because it's an environment to boost the heart's burning desire. I also personally create seminars that boost the heart's burning desire because I know and understand that people are looking for ways to reach their dreams and ways to keep themselves positive and motivated

If you want to learn from someone, make sure they are the ones that you can really learn from. Ask yourself these questions: Is he good at what he is doing? Can I do what he does? Why is he doing that? What can he do that can work for me?

The moment your heart's burning desire is at its peak level, your actions will be very genuine. There is no other intention that can be seen in your action towards your dream. People can sense your sincerity because you are genuine in achieving your dreams. You will not stop being curious about ways to reach your dreams. For you it's do or die. There is no second option, and this will open many doors for you in order for you to get the answer to your dreams. You will not stop being better after each attempt, and you will always want to improve further. This is because of the passion you have towards your dreams and the next level of your life.

As you take action to go after your dreams, get ready to be misunderstood. You will be labelled negatively and sometimes with invalid reasons. You may even be labelled or called something negative without any reason when you are passionate. Why? Because your heart's burning desire

belongs to you. The dream was born in you first. It's yours, not theirs. Mediocre people will never understand people who have big dreams and are passionate about their endeavour. The reason is mediocre people choose to stay where they are and not to go up to the next level. And soon enough, they are so used to where they are that when someone rises to their dreams, they will turn against that person. Some people may have negative past incidents that caused them to have wrong perceptions about people with big dreams. Bottom line is, get ready for criticism, unjust remarks, and misunderstanding towards you when you step up to your dreams.

When challenges and obstacles come your way as you move towards your dreams, you will feel that it's too hard, and yes it is too hard because if it's easy then it's not a dream. You need to re-commit to the decision you have made to keep your passion burning. You may also revisit the purpose of why you are fighting so hard to keep the dream alive. When you revisit your 'why', it will rekindle the fire in you. That is why it is so important to plan for moments when you can be by yourself from time to time, to revisit and ponder on your purpose of pursuing your dreams. Another way of renewing your heart's burning desire is to add 'flavour' in the way you reach your dreams. Flavour here means changing your methods of how you reach your dreams. However, don't add in too much flavouring because you will change the 'taste' of your dreams. Stick to the flavours that will bring out the best in your dream.

As you stay passionate about your dreams, you may become a threat to negative people. In this way, destructive criticism and shame are a part

of becoming great. When you encounter these things, be honest with yourself and ask “Is what they are saying true or just because they have negative intentions?” If you feel they are right, then take the necessary steps to change whatever needs to be changed. However, do not always bow to them but stay steady, positive, and passionate. Prove them wrong by achieving your dreams. It may take 10 weeks, 10 months, or 10 years, but you will do it! One of the best ways to shut the mouth of negative people is to achieve your dreams. I love to see their expression when they are awestruck by the achievements of positive people.

Keep your eyes peeled for open doors and opportunities. By actively looking for them, you will keep your heart burning with strong desire for breakthroughs. Keep reminding yourself that every worthwhile dream has a pathway of crooked roads that will eventually strengthen you for the great and awesome dream that is waiting for you. Keep on doing what you need to do, and be tough on yourself but care enough to stay strong and positive.

Get your hopes up every day and be grateful for the little steps and accomplishment that you have already achieved. If you have not even begun, you can be grateful for the dreams that you have. When you are grateful for what you have, bigger opportunities and things will come. Just have faith. Keep dreaming and trust your gut instinct to guide you to take the necessary actions.



World-class badminton players, Datuk Lee Chong Wei of Malaysia and Lin Dan of China are both equally powerful, swift, and highly skilled. In the 2008, 2012, and 2016 Olympics, they faced each other in the tough battles for Olympic gold medals. In 2008 Lin Dan beat Chong Wei with the score of 21-12, 21-8 in the final. Lin Dan celebrated greatly with the Gold Medal victory and Chong Wei settled for Silver.

Chong Wei needed to overcome the greatly disappointing moment when he not only failed to beat his arch rival, but he felt he had failed the nation and the hope of millions of people. Some say both players have been arch rivals from the beginning of their career. Every time they meet, it's a fierce battle. You just can't sit down to watch the tournament, whether it's in the stadium or live on TV. Jumping, cheering, and shouting, hands-on-the-head, praying and even crying, are only a few of the gestures of supporters around the world. After the 2008 Olympic battle, Chong Wei trained even harder, and Lin Dan trained to be even greater than ever before. Both were fierce and potent in their own ways. Both were aiming for the 2012 Olympic Gold medal. The time came when they both met in the final again. It was like they knew they were going to be in the finals from the beginning. Throughout the match, I couldn't be still while watching it. Likewise the rest of the people in the coffee shops, whether in Malaysia or China and even other parts of the world. Both nations were expecting a winning moment. Leaders of nations were cheering as well. The moment came when Chong Wei sent the shuttlecock back to Lin Dan, and Lin Dan with a sharp judgement not to return the shuttlecock and let it drop out of the line, and it

was over. Lin Dan ran towards the supporters and celebrated the 2012 Olympic final victory. Chong Wei squatted down with much grief and disappointment while the coaches arrived to console him. Once again he failed not only himself, but crushed the hope of millions of people. Many people would have given up hope, believing that he would not take on the next battle to face the same giant.

But not Chong Wei. He took the time to study what made him lose to Lin Dan and renewed himself. Once again he trained very hard, raised his hopes, dreamed BIG, and kept his heart's desire burning brightly for the 2016 Olympic battle. The moment arrived, and the 2 "gladiators" met again, but this time it was in the semi-final. I personally felt, by this time, that the battle was very personal for the 2 players. It's about beating the individual first then only are they fighting for the medals. Finally, at the winning point, Chong Wei beat Lin Dan by returning the shuttlecock with a skilled move and Lin Dan failed to return it. Chong Wei threw down his racket and knelt down for a moment of great gratitude and roared like a lion on winning over his arch rival Lin Dan. It took Chong Wei from 2008 to 2016 to beat Lin Dan and one of Chong Wei's key to victory is his heart's burning desire to win.



Take a moment to ponder on the following:

- » What is truly burning brightly in your heart? What do you desire the most?
- » What is one thing that keeps you passionate?

“
You’ve got to have this burning desire in
your chest to succeed.
”

~ SIR RODERICK DAVID “ROD” STEWART,
British rock singer and songwriter

CHAPTER
SIX

**GETTING
A MENTOR**

Chapter Six

GETTING A MENTOR

Every successful person has a mentor. A mentor is a person with a certain quality that adds value to your dream and acts as a point of reference to help you achieve your dreams. A mentor can help you to make your path clearer. It's always an advantage to have a mentor. You need to look for a mentor who has done it before. For example, if you want to do well in the area of building a business, you need to get a mentor who has built a business successfully and has the life experiences to support it. If you are looking to shorten the learning curve, the right mentor can help you. I have come to realize that there are mentors who are ever ready to hold the hands of a mentee.

WHAT MAKES A GOOD MENTOR?

For you to approach a mentor you may want to look out for some positive signs. First, you see him as an expert in that particular field where you want to grow and learn. Second, you tend to listen to him for input on the areas that you want to develop in achieving your dreams. Third, you look up to him and respect him for certain qualities that inspire you to achieve your dreams. You place a certain degree of honour and admiration upon him, which helps you to learn from him. It's also important to have a certain degree of respect for him. Respect is hard to earn and takes time to develop. A person in authority doesn't necessarily mean has much respect from the people he is leading because respect

needs to be earned. You would know you have respect for him if you are inspired by his actions and results. You may realise your behaviour may emulate this person in one way or another. When you show respect for him as a mentor, it is very important that he reciprocate the honour and respect you have given him. This is one of the top qualities a mentor must have. Some people would demand respect but don't show respect to those around him. That person will lose respect in due time.

The next thing you need to know about getting a mentor is his reputation. Ask the people who have gone through the mentoring process with him. Is he good? Did it benefit you? You may also have a casual conversation with him to know his style and viewpoint. Take time to know his past. Start off as a friend and learn how he got to the place where he experienced breakthroughs and went up to the next level. Is he willing to share his moments of failures and success? From these signs, you can see if he would be the right person to approach as a mentor. The number of years of experience in that particular area will be a good measure of his reputation. Knowledge empowers, experience speaks.

You also need to find out the character of the person whom you would want as a mentor. Character is more important than skills and accomplishments. There are many big achievers who fail when it comes to character. It's character that will affect you the most. If the character of the mentor doesn't fit you, you need to stop the mentoring process and think for yourself until you get the right mentor. Being compatible with each other is crucial in a mentor-mentee relationship. This doesn't mean you can treat him like how you treat your friends. Mutual understanding

and respect is important. Be open with him and at the same time enjoy the mentoring process.

A trusted mentor has a few characteristics which show his sincere service towards his fellow mentee. Sometimes sincerity cannot be seen with the naked eye, but can be felt the heart. If you don't feel it, that doesn't mean he is a bad mentor, it just means that you need to get another mentor where both of you are sincere in seeing positive results. A good mentor has a genuine desire in seeing you grow in achieving your dreams. They are not jealous over the success of their mentee. In fact they are happy if you are successful.

Sometimes in a mentoring process, there will be some clash of ideas or views. At times like these, you need to watch for the mentor's approach. Is he attacking your views? Or is he trying to understand your views? If after the conversation you feel devalued and lousy, that's a dangerous sign. Watch out for this as a good mentor will not make you feel that way. A good mentor is the total opposite of the above. He is positive and willing to make you successful in achieving your dreams. He cares for you and longs to help you grow to the next level. If he is still constantly putting you down, watering down your dreams, and bragging about himself, then you need to look elsewhere. Trust me, there are good and sincere mentors out there.

MAXIMISING YOUR RELATIONSHIP WITH YOUR MENTOR

When you get a mentor, keep asking questions. This puts you on the fast track towards your finish line. There is no such thing as a silly question, only silly people don't ask questions. By tapping on his knowledge your path is made easier. A mentor is also an easy point of reference for you. As and when you need to know something, he is ready to help you. I wish I had mentors when I started out my journey. It would have saved me a lot of heartaches and time. A good mentor will try to feel what you feel, even though he didn't go through the exact path you are on. The purpose of having this mentor is so he can guide you along your path and speed you towards your finish line so that you can achieve your dreams and go up to the next level.

Share your written plan with your mentor. This will show him that you are serious about achieving your dreams. By putting down your heart's burning desire and the plans you have made, you show that you recognise him as expert in the particular area where you need guidance. Your mentor will be glad to guide you once he understands your plan. Don't expect people to mind-read your intentions. Be vocal and willing to share your dreams to the right mentor.

When the relationship between a mentor and mentee grows and strengthens, it means they have good chemistry. You may not feel it initially. But if the process is healthy and you have mutual understanding, you will definitely know it by how you treat each other. Mentorship

doesn't cover only competencies in reaching your dream, your mentor can also grow to become a positive lifelong friend. When you feel comfortable with your mentor it provides a way to share your struggles and your tough situations. You need a mentor who is there for you in times of difficulty. You don't want to have a mentor who is not available and puts you down every time when you bring something up for consideration. Take the initiative to understand your mentor. Know what makes him successful and what makes him feel disappointed. It's a 2-way relationship that will lead to a better outcome.

As the bond between you and your mentor grows, you can talk to him on ways to support and stand by you. Be honest about your weak areas with him. After all, he is there to help you and guide you to overcome these weak areas so that you start achieving your dreams. Be open but polite by asking him what are the areas or method of support he has for you. Could it be guiding you in making your plans clearer? Or opening some doors for you to explore in reaching your dreams? Whatever area it is, ask him for support. But make sure you act and do the work you need to do. Open up your mind to trying his suggestions. Be daring and take calculated risks. No genuine mentor would want to see his mentee suffer and fail. When you try his ways, remind him to support you and guide you along the way.

You must not be a burden to him. You must be a joy to him and he needs to have your best interests at heart. Don't be childish. You can't blame your mentor if you are not doing anything your mentor advises you to. Your mentor will do his part and you will need to do your best to succeed.

He will be glad even when you have taken a small step towards your dreams because all great achievements start with a single step. Celebrate your achievements together with your mentor. Know that when you grow to achieve your dreams, he grows as well as a mentor and a guide to people like you. And trust me, the heart of a true mentor wants to see his mentee succeed in achieving his or her dreams.

Remember to show that you are grateful to be with him. Thank him as and when you receive guidance and whenever you succeed in something, call or meet him to thank him. It's a win-win process. Everybody wins when you succeed. Your mentor may take you as his partner for his future plans. You never know what good things will happen if your mentor-mentee relationship grows over time. A trust and bond will be developed and that is valuable in developing a new business or project with a new partner. Mutual understanding will not happen overnight. Remember that as a whetting stone sharpens a knife, so does a mentor sharpen a mentee.

If you can't find a person to be your mentor, there are other ways to get advice. Books and audio files have been written by people who have gone through similar challenges and can be a great source of guidance. There was a season in my life where I could not find a person to mentor me and I filled myself up with books and audio files from people who have gone through similar journeys towards achieving their dreams. You can even look to mentors from outside of your country. You may not be able to meet them in person and talk about your dreams and ways in achieving it but you can always communicate with them online and have

conversations on your development. This will work as well. Of course you need to talk to your mentor on making arrangements that suit you both. Another popular way is to attend learning workshops, which provide a good environment for learning and give you a boost to go after your dreams. After a few weeks of the learning workshops, you may need to be disciplined in getting your momentum up again.



The late Steve Jobs who was formerly the CEO of Apple Inc. served as a mentor to Facebook CEO Mark Zuckerberg. The two developed a relationship in the early days of Facebook and often met to discuss the best business and management practices for the company. When Jobs passed away in the fall of 2011, Zuckerberg posted on his Facebook page, “Steve, thank you for being a mentor and a friend. Thanks for showing that what you build can change the world. I will miss you.”



PepsiCo CEO Indra Nooyi looks for mentors in all aspects of her life. “If I hadn’t had mentors, I wouldn’t be here today. I’m a product of great mentoring, great coaching... Coaches or mentors are very important.” She credits the mentoring she received from people around her for helping her break glass ceilings in business.



Take some time to ponder:

- » List down the names of those people who could be your trusted mentor.
- » Draft out your plans before you meet them.

“
A mentor is someone who allows you to
see the hope inside yourself.
”

~ OPRAH WINFREY, *media proprietor, talk show host, actress,
producer, and philanthropist*

CHAPTER SEVEN

THE JOURNEY TOWARDS YOUR DREAM

Chapter Seven

THE JOURNEY TOWARDS YOUR DREAM

Always remember that the journey to your dreams is like a marathon, and not a sprint. A marathon is very different from a sprint. In a marathon the runner walks, runs, stops, and repeats till he reaches the finished line. A sprinter does not walk or stop because it's a short stretch, not the long journey of a marathon. As dreams require time to mature, you need to develop the necessary qualities in order to handle the long journey towards your dream. Your dream may be big but you need a big spirit and the right attitude to handle such a load. It's important to achieve your dream, but it's also important to build your character so you can handle the big dream. When you build a solid and strong character, your dreams will be solid in the long run. I'm sure whatever you would achieve in the future, you would want it to last for generations to come. Only a solid and strong character will make that happen.

You need to be ready for the ups and downs. It's part of the pathway of your journey to your dreams. Expect the best to happen, but prepare for the worst scenario. Whatever happens, you still march ahead. Your journey towards your dreams will not be smooth all the way. You will have things that pull you back, obstacles that try to hinder your from going to the next level. You will think that you have taken the wrong path. It requires tough decisions in times like this. And your decision is to stay on and march forward towards your dreams. Let me encourage you that you have taken the right path, but you need to be unmoveable in your resolve.

You will definitely encounter many types of people who may disappoint you and cause you to lose hope. You need to learn to stand by your own strength and continue the journey towards your dreams. In every successful journey, there will always be two groups of people. Some will be for you, some will be against you. So what? You march on your journey towards your dreams. Learn to manage different types of people to reach your dreams. Take those who are not for you as a way of seeing who they actually are, and those who are for you as people who are there to cheer you along the way. Thank God for the people who cheer you on but don't depend on them. People may be good to you today, but that doesn't mean they will be good to you tomorrow. Be alert and understand who is with and not with you. From here you can manage your time. You don't want to waste time on people who destroy your dreams and you would want to use your time and energy wisely.

As you embark on the journey towards your dreams, never forget to enjoy the journey. You would find more learning, satisfaction, happiness, and blessings in the journey itself. You will become a better and different person as you go through the journey. Yes, there will be disappointment along the way; it's one of the ingredients to make the outcome more awesome. You need 'bitter' ingredients for a successful outcome. When there is enjoyment and laughter, it makes the journey fun and easier to travel. Laugh at yourself because along the way you will make some decisions that are funny and have ideas you never thought of before. You also need to have a better outlook as you travel the path. Just know that every path that leads to dreams has roads that are tough to travel and you will need to make U-turns at times in order to reach your destiny.

The journey may slow down at times. That doesn't mean you are not heading towards your dreams. It simply means that, at the moment, you need to take things one step at a time. You may worry because you feel your path is not getting anywhere. It's normal, but you cannot stop the journey. Get yourself into the present moment. All you have right now is the present moment, not the past nor the future. If you put yourself in the present moment you will begin to see that where you are now is already a step closer your dreams. This will keep your dream alive. Celebrate all the little successes. Appreciate all the moments of the past and be grateful for the present moment so that you can look forward to the future moment of reaching your dreams.

In every journey of success, you will see many things, some good, some bad. Negative things will happen right in front of you, but you need to take an optimistic view of it. People will be discouraging, situations will be wrong, storms of life will come, yet if you are optimistic, the journey will become better. Every winner in life had plenty of negative things that happened to them but they took a different view of it, that is, the optimistic view. When you are optimistic, you will fuel your soul towards the rough journey to your dreams. Tiredness and gloomy days will drag you off your path but with an optimistic view you will get back on the path with positivity and passion.

It's the law of life that your journey will take you through different 'seasons'. Whether it is business, corporate environment, school, society, or even family, there will be seasons. Life has a way of preparing you for the awesome future it has pre-destined you to have but you have got to

be trained in order to handle your bright and awesome future. That's why you have the dreams inside you. All the tough seasons that you have been through or are currently facing will not last forever. These tough seasons come to serve you for a greater reason. We don't get tough during easy times, we get strengthened through difficult seasons. Similarly, know that every season doesn't last forever, even the good ones.

While travelling along the path you have taken to reach your dreams, you will have many wrong signals along the way. These signals are not to dampen your resolve, but rather to indicate or teach you something. You may not know the exact path to reach your dreams until you face it and walk on it. See the wrong path as a guide to a better way. There will be emotional times because of the hard work and sacrifices you have put in. But know this hard work is never wasted. Life will use it to propel you to the great destiny it has for you. All things (good and bad) work together for your benefit. Don't fall into the temptation of taking the wrong path which will make your life seem easier. The path of all worthwhile dreams is never an easy journey to travel. Nothing great comes easy, but with persistence you will prevail.

Dare to test yourself and try different paths along your journey to your dreams. Don't be afraid of mistakes. When you fall, lie down for a while, then get up and dust yourself off, then start the journey again. As you make many mistakes you will be in the category of smart people. It's because of your trial and error that you become wiser and smarter. You will know how to be creative and you will become innovative. But you cannot give up. Leverage on people who are better than you in certain

areas where you need help. Of course you have to be careful who you pick. If not you will end up getting rejected and disappointed.

Slow down if you need to because you don't want to get burnt out. You want to keep your zeal at its peak. Know that everybody needs to rest so that they will be recharged for the next mile of the journey towards their dreams. Rejuvenate yourself from time to time. Even car engines need a rest and a proper service and maintenance for it to function at its peak. Likewise, we need to rest and 'service' our body, mind, and spirit. When you slow down, evaluate yourself on your consistency in your journey. Find out areas you need to tweak or change for a better and stronger self. It's ok to slow down, not everything in your journey towards your dreams needs to go at the speed of lightning.

There will be times you need to let go of things and move forward. Every season serves its purpose. Even people and situations are there to help you grow, including the ones that you don't like. At different seasons of your journey, you will have different developments. And life will send people and situations to build you up and prepare you for your great and awesome future. But there will come a time when you have to let go of the experiences you've had and move on to the next level. Just like scaffolding on a construction building serves the building only during the construction phase then it has to be removed when the building is ready to show its glory. Your aim in every action that you take is to move towards the dream. You may encounter things that you find hard to let go of because it's a good thing, but you want the best thing and that is your dream. Remember that good is the enemy of great.

Be prepared for storms to come. These storms could be financial difficulty, relationship strain, getting cheated by people you trusted, and attacks from negative people. After all these things happen to you, get back on track and regain your focus. Keep reminding yourself that those things happen to you make you stronger, wiser, and better. You will have the tendency to be diverted in your attention but you need to force yourself to get back on track. By all means shake off the negativity and pull yourself together. You can do it because you're stronger than all of that!

Review your plans on how far you've come and see if the strategies you are using work or not. If you need to change your strategies then change them. You can see what is working or not by reviewing it with your mentor or people you can trust. Be open for feedback. Keep reigniting the passion for your dreams.

You must upgrade yourself to stay competent and strong as you go along the journey towards your dreams. We are living in a fast-changing world. When you stay competent it boosts your chances to become better in achieving your dreams.

No matter how far it seems, you must fix your eyes on the finish line. Don't get distracted by the many attractions that don't propel you forward to fulfil your great destiny that is achieving your dreams.



From an unknown person born in Austria to becoming Mr. Universe and Mr. Olympia multiple times, Arnold Schwarzenegger grew to become a multiple award-winning Hollywood celebrity, and continued on to become the governor of California for 2 terms. Arnold Schwarzenegger started his journey with only a belief in his vision (dreams) and his heart's burning desire. With that, it multiplied into many successes. Arnold's journey to achieving his dreams didn't stop after the 2 terms as a governor. At the age of 69, he is still making an influence across different industries. However, his journey towards his dreams wasn't smooth and many times they were difficult. Many people would have thrown in the towel and walked away. Throughout his journey towards his dreams, he faced all types of challenges. Arnold grew up in an ordinary village. He was from a strict family and was supposed to follow his parent's path. Unlike other kids, Arnold was determined to go after his dreams when one day he saw a magazine cover showing how Mr. Universe became Hercules. Then he opened up the pages and was determined to go after his dream. Back then, bodybuilding as a sport didn't exist where he lived. He was constantly mocked by the boys - "Come on, Arnold, you are dreaming", "Give it up", and his dad didn't like it at all and set up for Arnold to become a military tank driver. Now, Arnold was thinking, how is he supposed to follow his bodybuilding training routine daily while in the military? But he told himself "Here is the goal (becoming a champion), I'll do whatever it takes to get there". Apart from the exhaustive military training, he would get up early in the morning to do his personal bodybuilding routine. He was so driven for his dream to be a world champion. There wasn't proper equipment so he had to improvise ways to build up

his physique without proper equipment. Everyone was giving destructive criticism towards him by saying "You are going the wrong way", "You are useless", "You are in the dream world". Now Arnold is living out his dreams today. At that time, he told himself, "Whatever they are saying, I'm going to break through that. No matter what it takes, I need to reach the vision (dream) that I have, of being the world champion". Even the person in charge of the military at camp didn't find him favourable. One night Arnold asked himself, "Arnold, what is it about you that's so different? Why are you the only one who sees it so clearly - the goal to win the championship, getting into movies, making millions of dollars? No one else talks about this. Is my vision (dream) real, or is it a fantasy?"

He encouraged himself by believing that if someone else could do it, he could do it too. In an interview, he said the key to success is to focus and visualize your goal (dreams). So, he decided to go against all odds, and told himself "You've got to go (sneak out the military camp) for the competition". Fast forward, he beat the rest of the body builders and won first place! And the rest is history. His first winning moment paved the way for his future. He didn't stop at any stage of his struggles or difficulties, moving forward on his journey towards all of his dreams, from bodybuilding to movies, to becoming a governor. At many stages, people had told him "You can't do it", "No way you can make it", "Just give up", but Arnold Schwarzenegger said this "I will always use this blueprint, that is, 'When people say NO, or you can't, I went for it and won it (bodybuilding, movies, politics) and it worked out.'"



Take some time to ponder on the following:

- » What are the tough roads you have faced?
- » How can you move forward towards your journey of success?

“

Your journey towards your dreams requires guts to move forward, courage to face the unknown, and stay committed to it.

”

~ BERNARD LEE, *Author of The NEXT Level* | Founder of
Success Driven Training & Consultancy | Visionary

CHAPTER EIGHT

LEARN FROM YOUR MISTAKES

Chapter Eight

LEARN FROM YOUR MISTAKES

So many are trained to succeed but many are not trained to face and manage mistakes, and turn it into a turbo booster in their endeavours. Mistakes are inevitable in reaching your dreams. Your dream is bigger than your mistakes. But if you magnify your mistakes, your dreams will become smaller and inferior to your mistakes. Mistakes reveal to you the wrong way of doing something and direct you instead to the correct way you should take to achieve your dreams. All winners in life and in their respective areas have made the necessary mistakes for them to reach their dreams. The more mistakes you make, the closer you are to your dreams. If you make plenty of mistakes and learn from them, get ready for the next level of success. Most seasoned winners tend to be cool and calm and see mistakes as a small thing. It's not because of their age, but rather because of the countless mistakes they have already made in their journey towards their dreams. Mistakes mature your character, and mature characters mature your dreams.

99.99% of success is never smooth sailing. It comes with big and small waves. Smooth sailing doesn't make skilled sailors. If a sailor doesn't encounter any big or small waves in the real world, no matter what scores he has or how many stars he has or how many paper qualifications he has, he will be in deep trouble when the real waves hit him. You will be a weak sailor if your sailing (dreams) is not challenged. Every facet of development as you chase after your dreams will not be smooth. In fact, you need to see if your dream is big enough if the journey is smooth all

the way. You may have to make adjustments along the way when you encounter mistakes, but keep your focus on the dream.

Since mistakes are part of the puzzle and growing experience, make your mistakes early and faster. Time is crucial. You may not know how much time you have. You can plan, but you can't ultimately determine how much time you have. You don't have all the time in the world. The sooner you make the mistakes, the faster you will learn. When you encounter mistakes, tell yourself to stay open and don't just look at the mistake. Visuals are powerful, and if you focus on the mistakes often, it will stop you from taking action. As the author of Rich Dad, Poor Dad and other best-selling books, and a world-renowned guru in the financial and investment world, Robert Kiyosaki said, "Don't waste a good mistake. Learn from it."

You are learning at every stage of your life, especially when you learn to reach for your dreams. Your entire life is like being in school. You learn all the time. Achieving your dreams is just like achieving grades in school. You make plenty of mistakes while trying to solve a math problem, you try out different colours to get the right shade for an art piece, and you make many attempts to get the right measurements in your science lab. At the end you get the results you want, if you don't stop trying. When you make mistakes observe what is around you. Just like in school days, when I was making mistake after mistake, I didn't improve because of the people around me. I was influenced by the people surrounding me, who didn't help me in what I wanted to achieve. Surround yourself with the right people who learn from mistakes. Never stop learning from your

mistakes as you fight for your dreams. When you stop learning, you stop growing.

Have a positive perspective when mistakes happen. Every successful person made mistakes. They feel the pain and embarrassment of mistakes, but they don't shrink back. They rise and conquer the pain and embarrassment of mistakes. You need to do this when mistakes occur, especially the ones that cause you to be emotionally drained or which cause you to struggle financially. Accept it and see the lesson behind it. If you do these things, you will have a solid understanding of success, which will keep you motivated.

When you encounter errors and make mistakes in certain areas, you need to stop and analyse what caused the mistakes. If the present results are not up to your expectation because of the mistake, study what went wrong. If you want to improve and learn from your mistakes, try looking at another person who is doing very well in your area. You are not copying what he does but you can use him as a benchmark. You are just learning the principles of what it takes to be a winner. Take up the courage to rise up after every defeat or mistake. When you get knocked down, be like a champion that rises again to continue fighting, as you fight for your dreams.

Nothing beats mistakes when it comes to learning. Mistakes are the best 'teacher' on the planet. No one will ever forget the mistakes they made and the lessons learnt from them. This teacher shakes and shapes your inner man to make you tougher, stronger, and wiser. The emotional

impact is strong when mistakes happen, but you need to convert it to a positive learning experience that can help you. You will always remember the hard and painful mistakes especially if it has to do with your dreams. But you will also always remember that those hard and painful mistakes are the ones that act as stepping stones to success.

There are 2 outcomes when you make mistakes. You will either rise above the mistake, or you will fall and give up. You have to choose – do I go up or go down? You can't do nothing when mistakes happen. You need to do something. Rectify it, get rid of it, improve from it, learn something about yourself, or change for better. Do whatever you can, just don't do nothing. When you start doing something after mistakes happen, you will move towards the direction that will make you better in reaching for your dreams. A Chinese Proverb states "Don't be afraid of moving slowly, but be very afraid of not moving at all".

Sometimes you have to start all over again after a mistake or a series of mistakes you have made. Whether it is in the middle of your journey towards your dreams or at the initial stage of your journey, you need to start moving again. Here are a few steps you can take. First, don't blame anyone for your mistakes. It doesn't matter who is to blame. Take up the responsibility of achieving your dreams. You are in charge of the decisions you make. Second, don't take it too hard. Sometimes people blame themselves for mistakes and can't forgive themselves, causing heartaches and headaches. Life is such that mistakes come to everybody, people who are nice and people who are not so nice. You get stuck and start again. Third, accept it as a part of the journey towards a great and

awesome dream. What does success taste like if the journey towards your dream is free from mistakes and challenges? The moment of success will not be as sweet and meaningful.

Every time you face mistakes, you get more knowledgeable about the situation, about yourself, and about the future. It will also make you more assertive and better able to overcome challenges. With a positive attitude, frequent mistakes make you stronger. When frequent mistakes happen you will recognise a pattern when making mistakes and develop strategies for dealing with them. This is very important in fighting battles especially the battle for you dream.

One thing many people do when they are hit with mistakes is they dwell on it for a long time. They keep on talking about it, crying over it again and again, and continue to blame others for the mistakes, but you don't see them taking action to make the situation better. When you linger on the mistakes, it stops you from taking action towards a better future. Lingering on the mistakes will allow fear to creep up. If you keep focusing on the mistakes, it will open doors for negative energy. You will feel negative about yourself, people, and your surroundings. The worst thing could happen is that you will lose hope in reaching your dreams. Once your hope is gone, many things will be gone too, such as your enthusiasm about your dreams, the passion you have for your journey, and the dream of a great and awesome future will no longer remain with you.

Now, first you need to realize your mistake is a mistake, and accept it. Don't ever cover it up because that will make it worse. Every positive and awesome change begins with this realization. If you don't realize this, it will create a negative impact upon your dreams and future. You can't be your best if you don't realize and learn from your mistakes. When you realize that, the process of change will start. Real change begins with you and in you. It doesn't depend on other people, though others can help you in small ways.

Here are a few steps you can take in admitting your mistakes. First tackle your ego. A big ego kills your ability to improve. Second, admit that you don't know everything and that everything is not in you. Third, you need to learn continuously especially in the weak area that cause you to make mistakes.

When it comes to admitting your mistakes, you need to be willing to deal with them. It's going to be tough but I want to encourage you to face it for the sake of your dreams and those you love. It will take some time to rectify your mistakes and you need emotional strength. A wise man once said, "You never know how strong you are until being strong is the only choice you have." Keep telling yourself that mistakes are not the end of your dream; they are part of you dream and your life. It's a phase in achieving great success so you can live an outstanding life. Many times you never know the right thing until you do something wrong. Know that every mistake is a blessing in disguise and a stepping stone towards your dreams and the best part of your life.



Michael Jordan, arguably the world's number 1 basketball player, was an outstanding player, The King of Basketball. But his beginnings weren't promising at all when he was cut from his high school basketball team. Many players would just settle for basketball as a game or hobby when they are cut from a team. But not Jordan; he didn't let this incident stop him from pursuing his dream. He said "I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game's winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed."



Thomas Edison, the legend responsible for lighting up our homes and cities was both hearing impaired and fidgety. He only lasted three months in school where his teachers said he was "too stupid to learn anything." He eventually was home-schooled by his mom. In talking about his invention of the light bulb, he said: "I have not failed. I've just found 10,000 ways that do not work."



Take some time to ponder the following:

- » What mistakes have you made in the process of reaching for your dreams?
- » What can you learn from them?
- » When are you going to take action on these lessons you have learned after making those mistakes?

“
A man must be big enough to admit his
mistakes, smart enough to profit from
them, and strong enough to correct them.
”

~ JOHN C. MAXWELL, *leadership guru*

CHAPTER
NINE

**PERSEVERE
THROUGH
HARDSHIP**

Chapter Nine

PERSEVERE THROUGH HARDSHIP

Every hardship that you go through for the sake of your dreams is worthwhile. Great and awesome dreams don't come easy. If you are going to reach for the next level of your dreams, then get ready for a never-give-up spirit called perseverance. Each and every step that you have taken, whether the steps that are moving you onward or mistakes that propel you forward, is getting you closer to your dreams. Things that are easy to attain are usually easy to lose just as the saying, 'easy come, easy go'. The opposite is equally true: hard to come, hard to go. Perseverance is the key to attaining things that are worthwhile but hard to attain. Your dreams need your perseverance.

If the road to success is easy then everybody would reach their dreams. But the road to achieving dreams is never easy, and only the one who stays on and pushes through obstacles will ever achieve their dreams. Taking the 'narrow' road is a proven way to achieving your dreams and sustaining it. All the outstanding achievements you see today such as amazing high-rise buildings, winners in sports, great businesses, and champions of respective areas have gone through the tough and narrow road. Perseverance is the real method for achieving your dreams. Perseverance makes you sturdy. It's like working in the gym, the real growth of muscles and stamina occurs right before your muscles or stamina gives up and stops. It's the last repetition or a few more steps when you feel your body is shaking and is telling you to stop, but you push through. Once you persevere, your muscles and stamina develop into the next level of strength. And

you grow from glory to glory.

To persevere through hardship is never easy. Many drop out when it comes to hard times, when perseverance is needed most. Keep reminding yourself about the worthwhile dreams you have. When you persevere during hardship, don't go through it alone. There are people who are in your life right now who are there for a reason. Your mentor, loved ones, close friends, business partner, or even your clients. It's not satisfactory when you reach your finish line and look back knowing that no one has shared your joy and hardship. Get into a support zone, a place or group that keeps rejuvenating you and rekindling the passion in you for the dreams you have. This support zone is a proven way of keeping your dream alive.

You must be determined to achieve your dream because no one is going to achieve it for you. People are into their own things and have their own interests. Never expect someone else to do your 'push-ups' for you. People can lead and give insights, but it's you who will persevere. When you achieve your dream, you will be so glad because you have become a source of blessing and an instrument for breakthroughs in other people's lives. You will bring many benefits to many people, possibly even save lives. But you must be determined in achieving your dreams before you can see all the good you can do and give. In the early stage or even the middle stage of your pursuit for your dreams, you will encounter critics but I am a strong believer that critics are there to make you better and stronger. And at the end, you will win, if you persevere.

To persevere greatly you need to have the attitude of a warrior. A warrior is not afraid of battles, in fact a warrior gets pumped up to face challenges. You need to act rightly and positively in spite of fear. Have faith instead of fear. Face the challenges with courage and faith, and start moving forward. You will have injuries here and there but nurse the wound, recover and forge ahead as a warrior for the dreams you have inside. Psyche yourself up with the mentality of a warrior. Tell yourself “I am bigger than any obstacles”, “I can do all things through the power that is in me”, “I will make it!”

When you encounter setbacks, it's normal to feel like giving up because you are human. But what separates you from the rest is you decide to raise your perseverance level back to 100%. This is the level where failure won't affect you. Everything will move aside when you move at 100% because your energy is too great. It will create a big wave with an impact that influences your surroundings. Undivided attention in building your perseverance has the most power. You will be like a laser that cuts through everything that blocks your way. Recharge yourself when your body and emotional batteries are low. Get back to 100%.

Watch out for obstacles. They will come when you least expect them. Obstacles have a habit of surprising people like you who have big dreams to achieve. Obstacles come as a test to your dedication, to determine if you are genuine or whether you're just having fun when you said you wanted to achieve your dreams. Also know that there are energies or forces that are working against you and your dreams. These energies or forces aim to kill, steal and destroy. These forces kill your dreams, steal

your joy, and destroy your bright and awesome future. Beware of these energies or forces which can come in the form of people, situations, and events, and at times you cannot see them with your naked eyes. The path of perseverance in your hardships may not seem as attractive as the dream. What you see right now is going to be very different from what you see in hindsight. Never take the present situation as permanent because the present stage is to prepare you, to set the right foundation, and to toughen you for the great and awesome future that you will have.

In times of your hardship, the pain is real, but it will go. Your pain will not last forever but it is there to teach us something, to reveal our inner character, strengths and prepare us for the future. In every development of your dreams there will be some kind of pain. The pain can be in the form of rejection of your ideas by people, mistakes that happen, or misunderstandings with people. Pain signals a change for you to become better and stronger. Without pain you may not know which areas you need to improve. Through perseverance, your emotional and mental fitness will grow to withstand challenges. Do not give up!

During times of difficulty, perseverance begins in the mind. When you make up your mind to stay confident and persevere through hardship, you are building up a tenacious quality in your character. You will feel the stretch, but the stretch will bring out the best in you. Practice taking action immediately when you are in a difficult situation. Keep moving in times of hardship. It's dangerous to stop moving for a long period of time, especially during hardship, because you will lose momentum. And once the momentum is lost, it's hard to get back on track. When you persevere

during hardship you will face pressures. But this pressure will create a force to grow. Just like a rocket before it takes off to the moon, the pressure builds up until the pressure is right to fire the rocket upwards.

Have you seen a construction site where the buildings are not up and it's messy and not pleasant to look at? At the beginning, the entire construction site looks 'hopeless'. Even after months you still may not see anything. But after a period of time, the beautiful building that is full of glory is ready. Likewise, you will feel hopeless as you begin to build your dreams. The fulfilment for your dreams may take longer than you thought. As long as you are still persevering in the face of obstacles, the chance of reaching your dream is always there. There are seasons in nature spring, summer, all and winter. Likewise in life there is a season for everything. A season for sowing, and a season for reaping. A season for tears and a season for joy. A season for perseverance and a season for celebrating your achievements.

You cannot give up in reaching for your dreams. There are people that you may not know, who are depending on you. When you reach your dreams, there are so many people you can help and empower. That is why you cannot stop going after your dreams. You don't want to regret at a later age that you gave up. There are many who at a later stage of life regretted that they didn't go after their dreams while they could. Some even passed away with the dream living in them, and their dreams were buried with them. How sad it is!! You have come too far to give up now. With all the plans, rejections, misunderstanding, the high price you have paid, tears on the pillow, emotional and physical pain, **YOU ARE NOT**

ALLOWED TO GIVE UP! Giving up is not a choice for you.

You must keep fighting until you win. Every great dream needs a good fight because a good fight will show that you are really serious about reaching your dreams and your tears, sweat and blood are given for the sake of your dreams. You need to win the war of a champion, engaging with multiple defeats and dealing with negativity. Even if you lose some battles, you still need to keep fighting and forge ahead to the finish line. Your winning moment is a breakthrough moment for you, your loved ones, your family, your mentor, and even society and country. Remember a tough fight for the dreams is not for the weak. You need to train yourself to be tough in dealing with hardships, rejections, and misunderstanding. Victory always tastes much better with a good fight.

In perseverance, pain is normal. I promise you that you will feel a great deal of pain before successful dreams can be achieved. Pain is part of the process of maturing so you can achieve your dreams. As I said earlier, your character needs to be matured in order to handle a big success. One way to avoid the pain is to avoid total dependence on other people. There are they for a reason, not for every reason. Love them and be with them, but don't be influenced by their off-track opinions. Expect the pain, and prepare mentally for it. No pain, no gain. This is so true especially in the area of performance in business, sports, leadership, and of course in reaching your dreams.

You must clear off deadly and poisonous thoughts daily as these will drain your perseverance. Begin each day with a positive attitude. It

doesn't matter if your surroundings are negative, you decide each day to be positive and take conscious actions to be positive and grateful. Know that everything serves a purpose. Through every hardship and every difficult moment perseverance builds you up like a world class building that is filled with glory and honour. Counter deadly thoughts with lively thoughts. Those negative thoughts and the negative energy that comes with it are always looking to attack your mind especially in times of hardship. Do not give any room for negative forces to prevent you from going after your dreams.

Get yourself into a disciplined mode during hardships. Discipline beats talent. You will be tempted to drop everything, but get yourself up again even if you don't want to. Go into pursuing mode for your dreams. Psyche yourself up to be powerful. Discipline is what sets the winner apart from the loser. Normal people will give up on their dreams, but you are not normal. You are special and unique. I know because you are reading this book. There is a living hope in you and that hope is real.



I was invited for a dinner gathering to celebrate an extraordinary winning moment by my dearest friend Avery Chin and Sylvia Lim on their victorious winning and inclusion in the Guinness Book of Records for making the most costume change illusions in one minute. During the gathering I called Avery aside to have a casual chat on the critical moments before he broke the world record. He said it was almost impossible to break the record because of 2 reasons. One, it was done outdoors with a very strong wind blowing towards the stage. No one had predicted the wind; it was a sudden “attack” by strong winds. He said the stage looked like it would be blown away by the fierce wind, props on the stage were rattling with worrisome sounds. And in his world record breaking act, there was a specific move that required glittering confetti to shower down beautifully over Sylvia for the illusion to happen. The strong wind could have destroyed the act by blowing the confetti away. Avery and Sylvia could not afford to have the strong wind interrupt the glittering confetti but no one can control the wind. Second, the judge from the Guinness Book of Records said that if the glittering confetti was blown away by the wind, the end result would be impacted and the chance of breaking the record would be very slim. And all the effort and preparation would be wasted and they didn't have the option of repeating it. Avery and Sylvia had been doing the costume change act for about 10 years in their career and the setting for that day was the most challenging setting they had ever encountered. The day had come for them to achieve one of their dreams, acceptance into The Guinness Book of Records. The judge then asked him whether he wanted to proceed with it after telling him about the risks and consequences they would be facing. Against the odds, Avery

responded, “Yes! I’ll do it.” And the judge just responded “Good Luck”. You know how you feel when you get a short response like “good luck”? Avery told me that he insisted and persevered through the strong wind during the act. Half-way through the act, he was almost knocked down by the strong wind, but he persevered and stayed focus throughout the one minute act. The final moment came when the confetti was released, and suddenly it was as if an invisible shield had surrounded them and the strong wind mellowed down for the confetti to shower down with grace and beauty over Sylvia. Some may call it a coincidence, I called it a miracle. I believe the moment Avery said “Yes! I’ll do it”, even in the midst of strong opposition from the wind, an unexpected consequence occurred. Just like Avery and Sylvia, you need to persevere and stay strong to reach your dreams. Sylvia said she was nervous, but she calmed herself down and visualised the winning outcome. She told herself, “If I don’t break through this level, I will never break through to the next level” She persevered. Both of them as husband and wife, as world class partners, and awesome buddies are on the whole new level of their lives right now because they persevered through hardships and challenges. I want to thank Avery and Sylvia for being a great example to many people to fight for their dreams and persevere through the years. I have seen them achieve great winning moments locally and internationally and I was fortunate enough to be part of Avery and Sylvia’s team when they were the first few to create awareness of magic in the country through public events, magic competitions and shows.



Take a moment to ponder on the following:

- » What areas do I need to persevere through in order to reach my dreams?
- » What can I do to keep the momentum going when tough times and hardships come?

“
When the going gets tough, the tough
ones keep going, growing, and glowing.
”

~ BERNARD LEE, *Author of The NEXT Level | Founder of
Success Driven Training & Consultancy | Visionary*

CHAPTER
TEN

**KEEP
BELIEVING**

Chapter Ten

KEEP BELIEVING

When things are not what you expected and dreams are blurry, you need to keep believing. There are miracles waiting in the power of belief. Belief is one of the most powerful elements in seeing results for your dreams. It can produce miracles when you believe with all your heart. The exercise of belief has been practiced since ancient times. Everyone believes in something whether they are young or old, rich or poor. You are created with a vacuum of belief inside of you. Miracles are real but you have to believe first. You cannot see it, but you can sense it and feel it. When a miracle is about to happen for you, it will happen in the invisible realm first because belief is invisible. Once your belief is solid and without any doubt, that's where it begins to manifest in the physical realm. And in the physical realm, that's where your dreams become reality.

You need to tap into the power of belief at every level of your development because belief will thrust you forward. It is so powerful that it will supersede the difficulty or hardship you are carrying. When you tap into the power of belief, it will keep you engaged with your dreams. Your dreams need to be fed and built up. You cannot leave it by itself. It will starve to death. Your belief will keep your dreams alive. Your obstacles may be big, but if your belief is bigger, then what you are going through is nothing compared to the breakthrough that is waiting for you.

Your belief is very personal, but the effect is not. The effect is public. No one feels it except you, but everyone feels the manifestation of your belief. That means when your dreams turn into reality, everyone who supported you will see and experience it. The result of your belief is going to be a big announcement of your inner faith in the dreams you have. You will see that all this while, it is your belief that has carried you through thick and thin, rain or shine. You will become the centre of influence in your respective area and among those who are going through the same situation you were in while you were on your journey towards your dreams. You will become a leader when your belief is manifested into reality. People will come to you.

Your belief towards your dreams will be tested with many trials. Therefore your conviction for your belief must be strong. What other people say about your dreams has no effect because it is your conviction for your dreams that will make it a reality. When your conviction is strong it causes you to act without hesitating. Just like you know for sure the sun will rise again tomorrow after the night. If you do not believe in your own dreams no one will believe it either. Though there will be people who don't believe you and your dreams, you need to believe in yourself and your dreams. You may talk yourself out from going after your dreams. The voice of negativity may be ringing in your mind. But you need to walk by faith, not by sight. When you walk by sight alone your belief will be drowned out by the temporary setbacks that you see right now. Take your physical eyes off the present moment, and see your future with the eyes of faith.

Throughout generations there have been objects of belief that powered people through difficulties and manifested in miracles. When you keep on believing, these objects or situations will grow and produce results. When all else fails, your object of belief will be your anchor. You will not be moved in times of storm and challenges because you are anchored to the object of your belief.

The proven types of objects of belief:

- God
- Yourself (your given potential)
- Time
- Experience and knowledge
- Dreams

You will notice that the above lists have no mention of people. Why? I leave that to you to answer.

Belief is a system that can be built and formed. There are several ways you can build your belief system. First is through repetition. You would need to repeat your goals and your dream as often as possible with affirmation and visualization until it becomes part of your life and a habit is formed. Visualise your dream as often as possible and without conscious thought you will move towards working out your dreams. Next, focus on past 'champion' moments that you have experienced before. By recalling all the successes and moments of victory, you will build up the belief that you are able to achieve your dreams.

Another method is refusing to accept defeat. Don't be complacent and stay put where you are. Every day confess positively and tell yourself that you are closer to your dreams. Make it a ritual. Feel what you say and say it with conviction, "I'm one step closer to my dreams".

It is very important to stay hopeful in reaching for your dreams. You need to live with an expectant attitude even if at times you feel down because you don't see the results that you hope for. Remember the never-give-up spirit and be resilient. When you keep your hopes up, you will live a more positive and rewarding life. Start each day with the mind-set of "This could be the day I'll be having an open door or opportunity that leads me to my dreams". Fill your life with encouragement and things that build up your spirit especially in tough times. Consciously look for optimism in everything that comes your way. The way you see a situation will determine how well you handle your challenges in the process of reaching your dreams.

You have to declare with your mind and out loud that all things are possible. And it is true that all things are possible for those who believe. All great achievers in life believe so. The world is going from bad to worse and it has become so negative. You must fight back with a positive declaration of your dreams. When you make the declaration, you are agreeing with your dreams. It is as if your dream is calling for you and it is declaring that you are its master. You can't attract what you deter and disagree with. What you call forth will come to pass. Call for your dreams to become a reality. There is power in spoken words which you cannot see, but it has the power to create many possibilities.

When you make the declaration, fix your view towards accomplishing your dreams. Avoid what you see right now which may not be able to give you the power to bring your dreams to you. What you see now is not permanent but the seasons can and will improve as you continue to press towards your dreams.

You must become a person who lives by the belief that your future is bright and will bring you the greatest satisfaction. Winners in life always believe first before they can see, instead of seeing before they believe. What you see right now may be the fact, but that's not the truth. The truth is your dreams and the future is bright and worth the fight. Just as a new-born baby can't run, that's a fact, but that's not the truth of the baby's future. The baby will grow to be strong and steady with power and speed in his legs and body for the great future he has.

Your beliefs will form your perspective and your behaviour. You become what you dwell on and what you truly believe in. Your spoken words are the projection of what you believe in. The more you speak positively and confidently about your dreams, the more it creates a powerful mental view of your future. You cannot help but to share what is in your heart when you are so certain of your dreams. Your growth will take place according to the things you are attracting. If you are attracting things that help in building your dreams, then keep believing what you believe right now. If you keep attracting things that are destroying your dreams, then do something quickly to change. Have the belief that empowers you to do great things.

You need to realise the power of your spoken word upon yourself and your dreams, whether they are words of faith or words of fear. Both are equally powerful. Both are invisible and have after-effects. The one you feed is the one which will have the power. Words of faith such as "It's closer than I think", "I can do all things with the power that is within me", "Yes I can", "Everything has a season" and "I will come into the season of breakthrough" can help to keep you strong. Your choice of words can go on and on. Words of fear such as "I'm not going to make it", "It's impossible", "I'm destined for failure", "What if it doesn't happen?" can keep you from your dreams. If you find yourself using words of fear, switch to words of faith. Both need to be worked on. So I urge you to be careful which words you choose to use. Will it be faith or fear?

There will be times when your belief will be shaken or disturbed. You need to recognize when this happens and put a stop to it, or distance yourself from it. It may be people or circumstances that affect your belief. When you feel disturbed and discouraged, choose logic over emotions. Do not dwell on the negative emotions you have. And when you are physically tired, avoid making decisions on things that are related to your dream so you don't make your choice based on your current state. This is to avoid making the wrong decisions. When your belief is disturbed divert your attention fully to the work you are doing right now. The more you are disturbed, the more you should give your attention to your dreams.

You will have doubts from time to time because you are a human. It's common. Your past conditioning may not help in achieving your

dreams, and you end up doubting yourself, people, and your dreams. This is why you must declare your dream positively again and again, and keep believing. This helps to overwrite your past and the self-limiting thoughts that are not supporting your dreams. Such thoughts will keep you from taking action. You will play it safe. Your mind will tell you not to take risks. Just stay put where you are. All these voices that oppose your dreams need the voice of faith to overcome. When you feel uncertain about your dreams, rise up and start declaring with faith that you will achieve your dreams.

When you activate your belief in your dreams, your thoughts, feelings, and actions produces positive vibes, and the vibes will attract all the elements that will push you forward to reach your dreams. If you have positive vibes every day, it means you are attracting more positive things. The act of your belief has to be practiced daily because you need to build it up, and big dreams need big vibes to be accumulated to solidify the dreams.

Finally, a solid and strong belief turns your dreams into reality. Your next level in life is depending on your belief. I want to tell you that your belief is worth the pursuit. Everything that exists, existed first in the mind of the believer with a belief that it can be done and it can be done through you. I want to encourage you to believe even though you may have failed many times before or even when the future looks grim, because when you function by faith the Invisible Hand will go to work on your behalf to achieve your dreams and bring you to the next level of your life.



Take some time to ponder on the following:

- » What do I really believe in that can help me to achieve my dreams?
- » What can I do to keep believing in my dreams?

“
When you are in the dark, believe what
you heard in the light.
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~ DR. MYLES MUNROE, *Officer of the Most Excellent Order
of the British Empire (OBE), internationally-renowned speaker,
author and leadership consultant*



Bernard Lee's prior experience as a service personnel specialize in professional customer service and hold experience as a sales professional provided him with a set of excellent interpersonal and communication skills which he puts to good use imparting values, principles and skills that are important and crucial in many industries, especially in business and in today's living. Bernard specializes in creating programs on personal development and enhancement together with effective soft skills programs. He believes very much in training and leading people, and has often been referred to as “inspiring” “expressive” and “interesting with a touch of humour”. He provides coaching and mentoring to groups of people – spending time and boundless energy to inspire, encourage, motivate and guide them on their path into their endeavour and enable them to live out their potential.

Bernard is a Certified NLP coach & practitioner with the American Board of Neuro-Linguistic Programming. He is also certified as a Time Line Therapy PractitionerTM and a Hypnotherapy Practitioner. Bernard has earned the title as a Certified Master Class Trainer and an Impact System Coach. Bernard also holds a certification in sales conversion called Certified Strategy Conversion Coach.

Bernard's passion is to develop people for the betterment in their lives, workplace, and society. He is an active social worker involved in the operations of a home set up for underprivileged and abused children and orphans. When he gets time off from his training and speaking assignments, he sings and leads a choir, and spends time with a group of magician friends entertaining audiences with.... magic of course!

