

Turn Your Dreams Into Action

What would you like to see happen in this next twelve weeks of your life? Do you have any dreams? Are they hidden in the busy pace of life? But what if? What if you could sort them out? What if you really could go to work on their appearance in your life? What if you could begin to call them to you? What if you had a precise plan? What if you could capture a powerful but rarely used technique called Unusual Clarity?

If you don't know where you want to go in life, you will miss the joy of knowing if you ever got there. If you know where you want to go and if you begin to develop unusual clarity about your desired destination, your goals will become magnetic. They will pull you toward them. The clearer they become, the more magnificent magnetic power they have. How about letting them begin to sweep you off your feet and begin to believe anything is possible.....because it is.

Here are three strategies that can help you go to work on your plan for turning your own dreams into action. (Reference: The Power of Focus by Jack Canfield for more depth on the power of unusual clarity.)

1. List the most important things you wish to have happen for you during the next twelve weeks of your life. Look back over the list and narrow this down to 5 or 6 so you can laser beam your focus.

Come back through your selected items and ask yourself:

How can I be more specific? How will I feel when I am there?

What may others be saying about my accomplishments? Add some emotion words to your goals. We will call these 5 or 6 selected items your Focus Goals for the next 12-Week Breakthrough in your life.

Once again, ask yourself: How can I be more specific? Keep a journal for your thoughts and ask yourself this question each day for 30 days.

2. Now for the most important part of the strategies. Do you know how easy it is to forget what you are really wanting to focus on and accomplish in a specific timeframe? Because we need a laser beam focus to make this happen, let's think of a power word to help us in the process. This is one thing I coach our Championship Team members of each 12 Week Challenge to do early in their "challenge life" journey. Some of our past team members have selected words such as: HOPE, RENEW, FAITH, FOCUS, and CHOICE, CLARITY AND JOYOUS.
3. Now you are ready to compose a way to remember exactly what breakthroughs you are believing for. Take your power word and find a way to match your 5 or 6 goals to your power word. Let's take an example:

My personal word for the twelve-week breakthrough I am currently believing God for was JOYOUS. As I meditated and spoke this acronym, I realized it didn't have the magnetic pull I needed. Being transparent as I write this, I will tell you that I actually realized that what I had listed as my focus goals were not actually my most immediate desires and my most needed

desires for my life, even though I thought they were when I wrote them. As I reread my journaling notes and my coaching notes from my personal and business coach, Miami Phillips, I realized I have two immense desires that I was overlooking. They actually involve the foundation needed for all my other goals to become reality. These are:

- A. Building my own self-confidence to believe that I can really do what God has called me to do.
- B. Overcoming my lifelong drilled self-limiting poverty mentality.

So I have chosen the word that another of my class members selected: FAITH

F – My FAITH in a never failing Heavenly Father gives substance to all of my hopes as I think on His promises. He is more than enough. He created me for such a time as this to take the message of health to this generation.

A – ABUNDANCE surrounds me and abundance is God’s plan for my life. There is a world around me of too much money and God declares that He wishes above all things that I would prosper and be in health, even as my soul prospers. My ATTITUDE determines my success. I daily make an attitude adjustment during this twelve-week timeframe and I am breaking through into abundance. The more I give, the more comes back. The more that comes back, the more I have to give. I have stepped onto the circle of abundance and I love it.

I – I am IMMENSELY IMPORTANT to God. Old things have passed away and all things have become new. I was born for such a time as this.

T – I can TAKE this message of health because I am fully prepared and able. God has put me in circumstances to learn for the past 24 years. He has given me creative ideas straight from heaven. How can I not have confidence in them?

H – HOPE-GIVER is who I am. I will press in to give hope without fear of failure. I will write hope-filled books, I will record hope-filled tapes. I will develop another hope-filled telecourse, I will market my material with confidence as I am marketing needed hope, and I will inspire hope in every person who taps into what I have to offer. I am making a difference and I love what I do.

I got a little carried away as I wrote this acronym but it gives me the clue that I am right on. Emotions were stirred up as I wrote. Hope and confidence increased as I wrote. My acronym will serve as my reminder of what my focus is. Each day as I think on these thoughts, I will make them more specific with measurable components.

How will you and I know if we are going forward? We will know as we capture our thoughts in journaling and begin to listen to what we are really saying to ourselves. “Out of the abundance of the heart the mouth speaketh.”

Dani Rotramel
Certified Nutrition Consultant

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