

Becoming a Goal Achiever

Session 12 (16)

Act As If



*I acted Cary Grant for so long,
I eventually became him*
Archibald Alexander Leach

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Act as if creates results

Did you know how Steven Spielberg started out?

He knew from his early teens that he wanted to become a director. At a tour in Universal Studios, he sneaked off from the general tour in order to get to see an actual recording. He even managed to get to talk to the head of the editing department who listened to Steven for an hour and showed interest in his ideas.

For most people, the story would have ended here.

But not for Steven, he knew what he wanted and he was determined to get it, one way or another. Next day, he dressed up in his father's suit; he borrowed his attaché briefcase (which contained nothing more than a sandwich and 2 chocolate bars) and returned to the studio as if he was working there. He maintained a steady, confident pace while he passed the guards at the gate of Universal Studios.

Well inside, he located an abandoned caravan and placed "STEVEN SPIELBERG, DIRECTOR" with plastic letters on the door of the caravan. Then he spent the entire summer there; meeting directors, authors, editors. He kept himself in the proximity of the world he so dearly wanted to become a part of. We all know where he ended up....



You too can imagine the person with your preferred behavior and results, and then become that person. Test each decision on what you think your model person would do. Fill your imagination with your new behaviors. Say to yourself: Me in those shoes would (do, feel, sense, have...)

Start acting as if you were that person. Not tomorrow or next week. Make a decision and start now, with what ever you have!

I give you a message from Neale Donald Wlash: "Not only see yourself as prosperous, *act this idea out*. You can do it in small ways. The Universe doesn't care. It's the energy behind the gesture that counts, not the size of the gesture. So go ahead. Give some money away today. Buy something special today. Act prosperous today. The Universe will get the message *when you do*."

Act as if what you do makes a difference. It does.

William James

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*Our subconscious minds have no sense of humor,
play no jokes and cannot tell the difference
between reality and an imagined thought or image.*

*What we continually think about
eventually will manifest in our lives.*

*The first order of business of anyone
who wants to enjoy success in all areas of his/her life
is to take charge of the internal dialogue they have
and only think, say and behave in a manner consistent
with the results they truly desire.*

Sidney Madwed

There is an image of perfection within you

Remember that there is an image of perfection within you, in the center of your consciousness. The more you move in the direction of that image, the better you will feel. The more harmony you will experience. Believe me, there is no end to the good that you can experience as you develop a greater awareness of the perfection that does lie within you!

Fear and bravery

There are 6 main fears that we all sometime in our lives are suffering from. Most people are happy unless they suffer from all six of them. The most common fears are:

1. Fear of poverty
2. Fear of criticism
3. Fear of disease
4. Fear of losing someone's love
5. Fear of getting old
6. Fear of death

Numerous peak performers use the skill of mental rehearsal of visualization. They mentally run through important events before they happen. And when they feel any of the fears above, they know how to act as if they are not afraid. It does not mean that they are not afraid, but by acting as if they are not, the fear actually diminishes too and may even vanish in the process.

Nature has equipped us with the ability to completely control our thoughts. And recall that everything the humans create starts with a thought. It will lead you to the principle about how you

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master your fear. Say STOP to all negative and fearful thoughts. Immediately plant positive and constructive thoughts in there instead! The brain can think two thoughts at the same time, use this fact to your advantage! Keep it occupied with the thoughts corresponding to the results you desire.

Exercise: Act brave

Think of someone who is really brave: _____

Write down 3 things that differ between you:

1. _____

2. _____

3. _____

How do you notice the difference? Do you walk, talk, stand, dress differently? How? Something else?

What would happen if you step by step started to imitate that person?

Would you feel different?

Would you even be treated differently?

First have that being in your mind.
Make it real in your mind,
then bring that being into reality.
The genius is he who sees what is not yet
and causes it to come to be.

Peter Zarlenga

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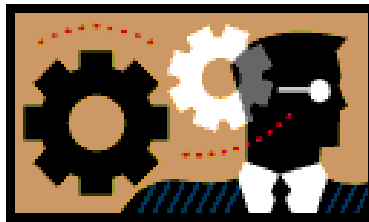
Homefun until next time

You maximize your investment in this course by doing the homework in between sessions. This time I encourage you to:

- 1) Finish the exercises in this workbook!
- 2) Describe your life as a movie, see description in exercise.
- 3) 3R:s exercise:
 - a) Review the learning points
 - b) Re-think your action steps
 - c) Refine your goal in writing if needed
- 4) Watch the video or listen to the audio again. Preferably daily.

*You attract, not want you want,
but what you are...*

Sara Bern



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Homefun exercise: Your life as a movie

Describe your life as a movie:

What is the movie like? What kind of movie is it? Action, Romance...



Who are the characters in your movie? Are you the star or a supporting actor?

What is the plot line of your movie?

If you give an audience a chance they will do half your acting for you.
Katharine Hepburn

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As you start now to write the plot line of your movie, begin to imagine your movie a month from now, 3 months from now, 6 months... How is your plot line changing? What would you like to happen in your movie in the future?

How are all the characters in your movie coming together to support you with the story line that you desire?

**Inaction breeds doubt and fear.
Action breeds confidence and courage.
If you want to conquer fear,
do not sit home and think about it.
Go out and get busy.**

Dale Carnegie, 1888-1955,
Author and Speaker

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How do you feel about the movie that you are creating?

How would you like to improve it?

**First they ignore you,
then they laugh at you,
then they fight you,
then you win.**
Mahatma Gandhi

