

## **Act to Create It**

by Jack Canfield, America's Success Coach

If you want to live your dreams, not only must you decide what you want, turn your dream into measurable goals, break those goals down into specific action steps, and visualize and affirm your desired outcomes -- you must start **taking action**.



I recommend making the commitment to do something **every day** in at least **three different areas** of your life that moves you in the direction of your dreams.

If one of your goals is **physical fitness**, make a commitment to do some sort of exercise -- aerobics, weight training, stretching -- four to five times a week for a minimum of twenty minutes.

I read recently that if you simply go for a 30 minute walk four times a week, that would put you in the top 1% of those people getting physical exercise!

If your goal is **financial independence**, start saving and investing a portion of your income every month with no exceptions.

If your goal is to **write a book**, write for a minimum of one hour every day.

### **DON'T LET FEAR STOP YOU**

Most people never get what they want because they let their fears stop them. They are afraid of making a mistake, looking foolish, getting ripped off, being rejected, being hurt, wasting their time, and feeling uncomfortable.

Fear is self-created by imagining catastrophic consequences that have yet to happen. It is all in your mind. In fact, you can actually scare yourself by imagining negative and harmful images. But simply stop the catastrophic thoughts and images, and the fear goes away.

### **REJECTION IS A MYTH**

One of the biggest fears that stops people from asking for support, guidance, advice, money, a date, a job, the sale, or anything else is the fear of rejection. In fact, it's been known to literally paralyze people. They become tongue-tied and refuse to reach for the phone or get up and walk across the room. They break out in a sweat at the mere thought of asking for what they want.

I have come to realize that the whole concept of rejection is false -- that rejection doesn't really exist. Think about it for a moment. If you asked someone to join you for dinner, and they said no, you could tell yourself that you had been rejected. But think about it. Did you have anyone to eat dinner with before you asked them? No! Did you have anyone to eat dinner with after you asked them? No! Did your life really get worse? No. It stayed the same!

### **ACT AS IF**

**One of the secrets of success is to start acting like a success before you are one.** Act as if. If you had already achieved your dream, what kinds of clothes would

you be wearing? How would you act? How would you treat others? Would you tithe a portion of your income to your church or favorite charities? Would you have more self-confidence? Would you take more time to spend with your loved ones?

**I suggest that you begin to do those things now.**

When I decided that I wanted to be an "international" consultant, I immediately went and applied for a passport, bought an international clock that told me what time it was anywhere in the world, printed business cards with the words "International Self-Esteem and Peak Performance Consultant," and decided I would like to first go to Australia. I bought a poster of the Sydney Opera House and placed it on my refrigerator.

Within one month, I received an invitation to speak in Sydney and Brisbane. Since then, I have spoken and conducted trainings in over 20 countries and continue to expand my business around the globe.

**Start acting as if you already have everything you want.** Most people think that if they have a lot of money, they could do the things they want to do, and they would be much happier. In fact, the reverse is true. If you start by creating a state of happiness and abundance, then do the things you are inspired to do from that state of being, you will end up having all the things you ultimately desire.

You may not be able to fill your closets with expensive Italian suits and designer clothing, but why not invest in one or two really great outfits, so that when you do need them, they are there. When you dress like you have already made it, you will look the part, and successful people will naturally be attracted to you and invite you to participate with them.

**The Law of Attraction** states that you will attract to you those things that match your state of being. If you focus on having gratitude for what you do have, you will feel rich, and you will attract more abundance into your life. If you focus on what you don't have, you will send out a message of lack and you will attract more lack into your life.

For more on The Law of Attraction, I recommend reading and watching [The Secret](#), a ground-breaking, feature-length movie presentation and bestselling book.

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