

Burke Hedges'
Success X Factor
Positive Change for a Better Life

"Life is not what happens to you, but what you make of it!"

Clearwater, Florida

Planning Your Dream

"We all live under the same sky...but we DO NOT all have the same horizon."

- Konrad Denauer

Have you taken the time to visualize your dreams, to picture your dream job, limitless money and time? If you have, it is time to plan your dreams.

The planning stage separates the participants from the spectators...the drivers from the passengers. You see, when you start drawing up a plan for your dreams, it shows you're serious. Planning means you've committed yourself to walking the walk...instead of just talking the talk!

For example, what do you think would be the first thing a banker would ask for if someone requested a loan of \$100,000 to start a new business. How about, "*Where's your business plan?*"

The banker knows from experience that new businesses without solid business plans seldom succeed. Why? Because anyone who would try to open a new business without taking the time to plan where they are going and how they will get there is planning to fail, plan and simple!

The first step is to write a Personal Mission Statement

A mission statement is really nothing more than a written statement of your purpose in life. It could be a one-sentence statement, like a slogan. Or it could be a couple of paragraphs, it's up to you! No matter what the length, a mission statement has the power to inspire people to levels of achievement they never dreamed possible.

"My mission in life is to put my God-given talents to good use every day; to improve my relationships with God, my family and my friends; and to give back more than I take."

- Burke Hedges

I cover a lot of territory with my mission statement, but it helps me focus my life by reminding me what's really important.

The best way to write a mission statement is to ask yourself, "*What's my purpose in life.*" Your answer will pretty much describe your mission statement. After you have written out your mission statement, you will refer to it almost daily because it will remind you of who you are and what you should be doing with your time and talents.

For the next week, think about your purpose in life and create your mission statement.

"In the depth of winter I finally learned that within me there lay an invincible summer"

- Albert Camus

Once you do this I want you to focus on a THREE LETTER WORD that will guarantee your success. The three letter word is WHY...

You must be clear on WHY you want your goal or dream, or WHY you want to fulfill a certain desire. Always, always, always (should I say that again?) keep your focus on WHY you are doing what you are doing. A-L-W-A-Y-S!

Otherwise you will give up when the slightest obstacle stands in your way or it doesn't seem like it is "working".

This is why 99% of people fail at any attempt to improve their life. They are not clear on WHY they want what they want.

They are not clear on the BENEFITS. The WHY is always more important than the HOW. In other words, WHY you want something will motivate you to achieve it. Worrying or trying to figure out HOW you are going to get it only pushes it further away. So always focus on the WHY.

Your subconscious mind must be convinced that what you desire is what you really want. Not what you think you "should" want, or what others want for you, but what you TRULY want. If it perceives any change as a "have to", "should" or "must", such as "I have to do this", "I should do this", or "I must do this", it will resist the change. That will cause lack of perseverance.

As soon as you encounter the first obstacle that comes along, your subconscious will give you all the logical reasons why you should quit. If you focus on WHY you want what you want you will not give up easily but will be motivated to keep moving toward your goal, even if you have a temporary setback.

Commit yourself 100% to follow through UNTIL you get a result.

Read it again! I didn't say IF you get a result. There is a huge difference. I said UNTIL you get a result. Keep in mind, there is only one way to fail, and that is to quit.

Then you must **suspend your disbelief**.

Do not prejudge whether or not the dream you have envisioned is possible or whether or not you have the ability to achieve it. Suspend your disbelief that it will NOT work for you. Keep in mind that it has worked for others and it WILL work for you.

One of the most common obstacles I run into with clients is that they think, "I know this has worked for others, but in my case it is different." In fact, I have never worked with a client who didn't think that in their case it was "different".

Trust me, your case is not different. Your circumstances may be different, but the underlying problem is the same.

Once you have written your personal mission statement and you know why you want what you want, you must set goals that will get you there. If you don't know HOW you're going to get there, that's OK. I'm sure you do know some steps you can take to lead you in that direction. Just plan what you know NOW, focus on those steps, and the details will become clearer as you progress down the path.

Focus on the next step.

Always focus on what you have to do NOW - IN THIS MOMENT. Forget about future results. Just keep your point of focus on what you want to accomplish IN THIS MOMENT.

Usually when you start to see progress you have this impulse to want to rush things. You want things to change "right now: This pushes you and drives you to "force" things to happen. As you will learn, less effort creates more results.

If you focus only on TODAY and what must happen in this moment, you will be amazed at how much progress you can make.

Finally, as you work on your goals, make sure you **don't judge results too quickly**.

Often people will have quick results when making a change because they are ready for the change and they have aligned their energy. You could be one of them, but allow some time for adjustment.

Don't measure your results in hours, days, weeks, etc. ANY improvement is a forward movement. Use even a small improvement as a building block to take the next step forward. You will continue to move forward as long as you focus on what you want instead of what you don't want.

Remember when you learned to ride a bike. It was relatively difficult at first to keep your balance. Then you got rolling and it seemed so easy. In the beginning we are often out of balance.

Sometimes it takes a little while to regain our balance.

To discover a path to success and wealth that never fails, I invite you to take a look at my YOU, INC. Life Development System. It has helped thousands of people like you to achieve their goals, dreams and desires in the shortest possible time.

Get all the details at:

www.burkehedges.com

Life is what we make of it – make it a great one starting today. Right now.

Burke