

18 Secrets That Turn Dreams Into Success

By Lee Milteer

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Welcome to the Free Report from investing in the Phenomenon™! We hope this report will inspire you to go to the next level of your success.

All of us want to know the real secrets to making our life easier and more effective. The real answer is: You must have Wise Stewardship of Your Life Energy because it seems that fatigue is ever-increasing, a more frequent experience and challenge. You start the week on Monday morning enthused, invigorated, optimistic, motivated to follow-through on goals, plans, to-do lists. But often as the days progress, all that positive energy dissipates. Where does the energy go?

We are made of energy - mentally, physically, emotionally, and spiritually. The choices you make about spending your life energy have outcomes. Your life is financed by the resources you have available to you. You must be conscious of how you spend the energy you have. If you indiscriminately spend your life energy, you may burn out; you may be too tired to capitalize on the best opportunities as they come along.

Everyone needs to preserve time and energy for themselves. You need quality time to make quality decisions. You need quality time to create, think, invent and plan, and then time to take action. You need Quality time to network and build relationships. Time is needed to collect and assimilate information for education and self-renewal, rest, rejuvenation. Please don't forget that you also need some Hobbies and fun and Family. These things cannot survive on your left-over time and energy!

Taking control of your time and more carefully spending your energy can be the single biggest step toward extraordinary success you will ever take.

How Much Do You Value Your Time And Energy?

Dan Kennedy says: "if you don't know what your time is worth, you can't expect the world to know either. The use or misuse or abuse by others of your time is the single most important factor affecting your life energy. One of the clients I've worked with a lot, on personal performance, is NASA - but it doesn't take a rocket scientist to figure out that the time and energy you permit others to take is then unavailable to you. The question to keep front and center is: how can I best use my resources of time and energy to manifest what I want?"

Most people let time and energy get away, let other people and circumstances control them. You exercise control to manifest your desires by creating boundaries and having a personal time plan that you live by. Focus on developing and sticking with habits that support your plan.

The Power Of Quiet, Personal Time

"All man's miseries derive from not being able to sit quietly in a room alone," the famous scientist Blaise Pascal observed. In our noisy world, we are bombarded by sound, by loud music, sirens, construction, others' conversations. When we enter a room, we habitually turn on the

television, radio, and computer. Many people preserve no quiet time whatsoever in each day, even each week.

Spiritual teachers tend to agree that we need to go into silence for wisdom. When you can visit the silent spaces of your mind and turn off the external noise, you are most likely to discover new possibilities and opportunities, new and different solutions to nagging problems. Quiet time can recharge your life energy. I urge you to demand more silence in your life. I urge you to create, to schedule quiet times.

Are you a human being - or a human doing? Our lives have become endless work, non-stop activity. This kind of non-stop 'doing' wears you down and wears you out. I advise my coaching clients to radically change their schedules and set aside one out of every seven days when they do not answer the phone, they do not do business, they make up a day of relaxation, recreation, quiet time, and time with family. This is not a new idea. There is the tradition of the Sabbath, one day a week set aside as holy, for rest, rehabilitation, prayer, meditation, thought and family, not work. This has been lost to many today. People who used to rest on Saturday or Sunday now spend those days shopping, working around the house, paying bills and conducting business. Don't you think you deserve one day of real rest each week?

One of my coaching clients, Kelly, said that when he went back to the old-fashioned tradition of taking Sundays off, he saw immediate improvement in his clarity, enthusiasm, energy and ability to be of service to his clients. Kelly is a real estate agent and it was unheard of in his company not to work on Sundays. His boss told him he'd never make living not working weekends. Kelly started explaining to his clients that he wanted to give them the best possible service, and preserving Sundays for his family and God helped him do that. He attracted clients who respected his beliefs. He soon started his own company, and now includes the fact that Sundays are preserved for family life in his advertising. His agents are grateful for the day with their families. His company is one of the top brokerages in his city. In his TIME book, Dan insists that you can train your clients to respect your time and to do business on your terms, I wholeheartedly agree, and the experiences of my coaching clients like Kelly prove it to be true.

Any time is a good time to reconsider your personal time plan! Remember, the question to keep front and center is: how can I best use my resources of time and energy to manifest what I want?

Dreams verse Creation with Goals.

Many people have dreams but it's a rare soul who makes all their dreams come true. The people who actually do make their dreams come true have a SECRET WEAPON that they use to create major changes and successes in their lives. I am going to share with you some secrets that help you set and achieve your goals on the timeline you want. Your point of power in life is this second in time as you read this report. Stop wishing and start DOING. Dreaming and wishing are not the way to creating success and becoming wealthy. Taking ACTION after mapping out your future is what has to be done. Also having a coach or educational system that supports you is a wise investment. How to THINK, FEEL, AND ACT like a millionaire or whatever your dream is.

EXPRESS YOUR GOAL IN TERMS THAT CAN BE MEASURED

If you don't get very clear about what you want to manifest many times you will get sidetracked with busy work or to fulfill the plans of others. You must set up some type of goal tracking measurement. If you don't set up this kind of tracking for yourself how else will you be able to determine your level of progress or if you have successfully arrived at where you wanted to arrive? For example, exactly how much money do you want to earn per month, per year? Where do you want to be at the end of the year in profits?

ASSIGN A TIMELINE TO YOUR GOAL

The purpose of any goal is to determine precisely what it is you want. You must decide on a timeframe for having this new goal. This timeframe or deadline will create for you a sense of urgency or purpose, which will give you a sense of awareness of where you are and will prevent inertia or procrastination. These timeframes will also act as a motivator to see results. I personally like to create visual reminders so I can see exactly where I am monthly.

DEFINE YOUR GOAL IN TERMS OF STEPS AND DIRECTION

Goals don't just happen by themselves. True goals happen because you take one step at a time. All progress comes from well-chosen, interval steps that are realistic and can produce results. Most people set goals and have no idea what steps to take before you set out on creating those goals. As you set your goals make time to think out or brainstorm with others the important steps to take in the correct order.

CHOOSE A GOAL THAT YOU HAVE CONTROL OVER

Goals have to do with aspects of your life that you control and can take action on. When you take the time to identify your goal make sure you strive for what you can create and not focus your attention on dreams you can not make a reality. You may dream of being a rock star but in real life you are not willing to do what it takes to make it in that world. Focus your thoughts and actions on what you can create in this world.

PLAN STRATEGIES THAT HELP YOU STAY ON COURSE

Entrepreneurs who are massively successful always realistically assess the obstacles and resources involved to make a goal become a reality. You want to create a strategy for navigating the obstacles. Many entrepreneurs think that just willpower alone will help them reach their goals. If you look at your own history you will find that for the most part willpower is unreliable because it is based on your emotions. Life is full of temptations for entrepreneurs to get off base. You need to have task-oriented behavior. Without the task-oriented behavior it's much harder to make goals become real. You have three areas you want to pay high attention to: Your environment, your schedule and your accountability must be monitored so that all three will support you in achieving your goals.

SET UP ACCOUNTABILITY FOR YOUR PROGRESS

The most impressive entrepreneurs I have ever met periodically make reports on their progress. Find someone in your life that you trust enough to whom you can be accountable. Many entrepreneurs con themselves by doing busy work instead of profit work in their businesses. If you know exactly what you want, and when you want it -you are more likely to continue in your pursuit of your goals. Keep in mind a very important RULE OF SUCCESS-there are real consequences for not doing the right work at the right time.

DEFINE YOUR GOAL IN TERMS OF SPECIFIC EVENTS OR BEHAVIORS

Goals need to be broken down into steps so it can be managed and pursued directly. Make sure you identify a goal in clear and specific terms. For example many people say; 'I want to be rich.' Exactly what is your definition of rich? Same goes with people who say I want to be happy. Exactly what is your definition of happy? You will find it is easier to make your goals a behavior or an event to make it come true.

CREATE A VISION

Entrepreneurs who are serious winners know the rules of goals setting and create a plan that fits their own personality. Entrepreneurs who get what they want because they know what they want and go for it daily. These winners create a vision that keeps them motivated and efficiently on track. It's important that you know exactly what success feels and looks like to you. You must see, feel and experience your success in your mind and heart and then program your mind to make your dreams come true.

TAKE ACTION

Entrepreneurs take action! The people who take purposeful, directional action persistently are the ones who achieve their goals. Daily you will take action on at least one of your goals. Reward yourself at the end of the day for moving ahead and not just sit and think about what you want to do. DO IT.

FIND YOUR PASSION

Entrepreneurs who love what they do are excited to get to work in the morning. If you have lost your passion for your work then sit down and write a list of the positive things about your work and business. Post this list in a place you can see it daily to remind yourself that YOU are choosing how to spend your life energy. Entrepreneurs who live and breathe what they want seem to get there faster. It's a wise Entrepreneur who is invested in both the journey and the goal.

BE FLEXIBLE

They say the most successful Entrepreneurs are the ones that are flexible enough to understand that in our every changing world the best -laid plans are often changed. When working on your goals make sure you are open minded and flexible enough to start over or alter directions. It's a wise Entrepreneur who is open to viable alternatives from others. One of our true powers in life is to be flexible.

BE SELF CONTROLLED AND MANAGED

Successful Entrepreneurs realize that they are the most important resource they have in achieving their dreams and goals. These successful people actively manage their mental, emotional, physical, spiritual and financial energy.

BE A LIFETIME LEARNER

Exposing yourself to success information is the key to becoming a millionaire. Create a plan of lifelong learning. There is only one way to get answers-by learning them. Your goal should be

to learn one new thing every day. Expose yourself to existing information. Go to seminars, read books, listen to audio recordings of information in your car while commuting. Learning is what keeps you and your business healthy.

BE TRUTHFUL TO YOURSELF ABOUT REALITY

Successful Entrepreneurs realize how important it is to hold themselves to high but realistic standards. These people do not have time for fantasy or denial. Successful Entrepreneurs want to deal with the truth because they understand that nothing but the truth will make their goals obtainable. It's better to be a bit self-critical than it is to be self-deluding when it comes to being self employed. Hold yourself to high but realistic standards to make your goals come true.

TAKE SMART RISKS

Successful Entrepreneurs take more risks than the average person because they consistently are willing to get out of their comfort zones and try new things. Often it may be scary to go into the unknown and leave behind the safe and familiar world but to have more in life you have to take SMART risks. Before you take risks be sure to look at the down side as well as the up side and decide IF YOU CAN live with both?

CREATE CLEAR STRATEGIES

Successful Entrepreneurs know that they must consistently have a clear and thought-out strategy to get what they want in life.

They make plans on what to do and when to do it. These successful people write down their plans to stay on course and try to stay away from activities that do not bring them closer to their goals. They learn to say no to things that waste their time and talents. Successful Entrepreneurs realize they can save a massive amount of time by copying others who are successful in their field.

KNOW YOUR PRIORITIES

Successful Entrepreneurs ALWAYS take the time to manage their challenges by knowing exactly what is most important. Knowing your priorities can make the difference if your business or life is successful and profitable. Commit to managing your time so you are always spending time on the things that bring your goals to you the fastest.

CREATE A SUPPORT TEAM

Successful Entrepreneurs realize that they can not be all things to all people. You must surround yourself with a group of people who want you to succeed. Surround yourself with people who have abilities, skills and talents that you do not have to assist you in creating a business that is balanced. Reward the people in your life who help you achieve your goals so that they continue to help you get where you want to be. The truth in life is that no one becomes successful all alone. Build a team of people around you who truly appreciate you and want to assist you in achieving your goals and dreams. Life is way to short not to go for what you truly want.

If you haven't already invested at the **Overcoming Unproductive Behaviors System** Please do yourself a huge favor and invest in this system to give you the support to stay on track, keep motivated during tough times, give you short cuts to help you overcome any behaviors or habits that hold you back from being and having what you want. Go to <http://www.milteer.com/> or call (757) 460-1818 for the brand new Special Introductory sales Price of \$197.00 till November 15 and then the price goes to \$397.00.

Overcoming Unproductive Behaviors

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