

To be or not to be - The Choice is YOURS!

Workbook to reach YOUR full Potential

by Barbara Hofmeister
DTM, NLPTC, PPMCC



Training Visions

Visions Publishers
Germany

For further information see www.trainingvisions.com

© Copyright by Barbara Hofmeister, 2008
All rights reserved.

This publication nor part of it may be reproduced, stored in or introduced into a retrieval system or transmitted, by any form, or by any means (electronically, mechanical, photocopying, recording, scanning or otherwise) without the prior written permission of the publisher. Breaches of this copyright will be prosecuted.

DISCLAIMER AND/OR LEGAL NOTICES

The information presented herein represents the knowledge available to the author as of the date of publication. However, in a changing world, the author reserves the rights to alter and update this information at any time based on new knowledge.

The content of this book is for informational purposes only. It is sold with the understanding that the publisher is not engaged in rendering professional services. If professional advice is required, the services of a competent professional should be sought.

The author does not accept any responsibilities for any liabilities resulting from the use of this information. While every attempt has been made to provide only correct and up to date information in this publication, the author cannot assume any responsibility for errors, inaccuracies, omissions, or indeed any incorrect use of the content.

Layout design by Jasmena Hakobyan

ISBN 978-3-941164-01-7

Contents

Foreword	5
Introduction	7
Why I wrote this book	10

Chapter 1 - Start with the End in Mind

The wake-up call	15
What do you really want?	20
Your vivid vision	26

Chapter 2 - Meet Yebut

Lost opportunities	41
The rubber connection	57
The support system	72
Acceptance makes you free	91

Chapter 3 - Conquer your Fears

What fears?	103
Why you worry	107
Worst case scenario	117
Why worry?	123

Chapter 4 - Define your Purpose

Why are you here?	127
Values	135
Purpose	146

Chapter 5 - Dream to Reality

From vision to goal	151
Goal setting to goal achieving	157
Set S.M.A.R.T. goals	169
Step by step	174

Chapter 6 - Stop the Mind Monkey

Send out the message	181
Tools to come down	192
The seven minute sleep	196

Chapter 7 - To be or not to be - THE Choice

Fill the gap	199
Total freedom	204
The real you	208
About the author	213

This book is dedicated to YOU

And to all those who inspired me:
My father Siegfried Hofmeister,
Jim Rohn, Dr. Wayne Dyer, Tony Robbins,
Andy Harrington, M.V. Hansen and many, many others.

And to those who believed in me
whilst I was struggling for several years to get it all out.

I especially thank my mother for loving me unconditionally
even though she did not understand what I was doing.

And I thank my cousin Franka.
She was always there for me
no matter how strange my ideas seemed to her.

Foreword

We've all had dreams and big ideas on how our life could be and at one time in our youth we truly believed that they would happen. Unfortunately as we go into adulthood and keep hearing that we must be sensible and have to learn and earn a living, these dreams fade more and more into the background. It seems as if "reality" catches up with us and our big ideas appear unrealistic and gradually recede while "real life" takes over.

However for some reality is different. These people actually live the amazing life we once dreamed about. For them everything seems to be effortless and they get to the top of their fields in what seems to us to be a straight line. The truth is few do and if you speak to them or read their biographies you will learn about their struggles and challenges and realize it took them 10, 20, or 30 years to become the "overnight" success we see today.

Still, in the end they achieved what they set out to do. So what is the difference between them and those of us who seem stuck in a mediocre life?

I have studied success stories all my life and the one secret is that these people never gave up on their dreams. To truly manifest your dream life, to manifest your successes, you need to focus on them at all times. It's that simple – even if it is not always easy to do in the midst of a busy life. Our society focuses on negative, on the problem and not on the solution. Just watch the news or read the newspaper to verify that. However if you focus on the problem you will not be able to see the opportunity that lies in every challenge.

When I set out to help transform lives I did not know how I would do it. I started by learning from the best. I modeled them and in some cases offered my services to them; even for free. I wanted to see firsthand how they did it. Have you ever tried to get to a really successful person? Usually you need to get past layers of staff and that is not easy. But if you keep at it long enough someone will eventually let you through. It is a matter of

perseverance. You need the determination to get there and it's the same in all worthwhile endeavors. Half heartedness gets you to a half lived life that usually leaves you wanting more and that is probably why you are here reading this now. You know there is more to life but that "more" seems to elude you.

Today you have come to the right place at the right time. In this book Barbara helps you recover your dreams and offers you the roadmap to your personal success. Now all you need to do is follow through. The steps and techniques she lays out take you through an easy to follow process that will help you rediscover your purpose and passion. It will also help you define the beliefs and fears that have been holding you back.

It's a powerful process that can completely transform your life. However, this is not a reading book. It takes some effort from your side to actually do the exercise offered herein. You have the choice to put this aside half read or to make a commitment to yourself and your loved ones to truly live the life of your dreams.

What will you choose?

T. Harv Eker
Author of #1 NY Times Bestseller
Secrets of the Millionaire Mind

Introduction

The little girl was standing tiptoe on the old brown sofa that served as her bed at night. She pressed her cheek against the window pane trying to look down the five stories to the busy street below. But as much as she craned her head, their little attic room was too high up and the window too small to see what was going on below. She sighed and slipped down again behind the kitchen table. She really wished her mother would be home to keep her company and help her with her homework. But Mom was still at work and when she finally came home she would be much too tired to be any fun.

Since they had fled East Germany life had changed dramatically. Nobody had time for her anymore and she had left all her friends behind. No more roaming the countryside with her German Sheppard, no more feeding and teasing the chickens with her best friend Christine, no more climbing fences and trees with her cousins. No more beautiful pink little girls room, no more warm kitchen with Mummy cooking her favorite dinner, no more laughter with Grandma who could tell such lovely stories. There seemed to be nothing anymore...

Not even Sunday morning tickling sessions with Dad.

Tears started running down her cheeks. She didn't understand – WHY? Why did they have to leave??? They had everything before – their own house, a car, even a TV and a telephone - the only one in the village. They had it ALL and loads of friends and a loving family. Why change this for nothing?

Now they only had this small, ugly attic room which served as home to all 3 of them. Not even a bathroom, just a sink and the toilet was 2 floors down.

Her Dad said it had to do. Maybe he didn't mind so much. He was away all week. He worked as a truck driver and only came home Friday night or even Saturday morning and left again on Sunday. Maybe for him it was ok but somehow she didn't think so because there was no laughter when he was at home and his nerves seemed frayed. And almost every Saturday he took Mummy to the cinema. He said it was to let his little girl sleep. Why couldn't he understand that she would rather not sleep then be alone - once again.

Sometime she thought he did not love her anymore. How else could she explain the harassed look on his face, their continuous arguments about her education and about money. That definitely was a problem. There never seemed to be enough of it. She knew it was the reason why they both worked so much but she didn't care. She wanted her life back, she wanted her family and friends back.

Today the little girl is an 'big' girl. Her name is Barbara and in this book you will get to know her because the little girl was me. My parents escaped from East Germany when I was 8. My father in the trunk of a car, my mother and I through Berlin. We arrived in the West with just a small case and the equivalent of 400 Dollars.

In those days there was plenty of work but no housing. All large cities, where the work was, had been bombed out during the war. It took my parents almost 20 years of hard labor before they had again what we left behind in Communist Germany but my father was convinced that it had been worth it. Why? Because it had given him what was most precious to him - the freedom to live his dream, the dream of becoming a successful entrepreneur.

When you are a little girl, you cannot understand that but when you are a big girl like me today, you know how important the freedom to choose is. Today I am very grateful that my father made this painful decision - also for me - and through it gave me the opportunity to live my own dream, and part of my dream is to empower you to live yours. If you let me, I will help you transform your life into the life of your dreams – taking one step at the time.

Let's start our journey together with a quote from Nelson Mandela's Inauguration Speech:

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness, that most frightens us.*

*We ask ourselves, who am I to be brilliant, talented and fabulous?
Actually, who are you not to be?
You are a child of God.
Your playing small doesn't save the world.
There is nothing enlightening about shrinking, so that other people won't
feel insecure around you.*

It is not just in some of us; it's in everyone.

*As we let our light shine,
we unconsciously give other people permission to do the same.
As we are liberated from our own fear,
our presence automatically liberates others.*

Poem by Marianne Williamson
Used 1994 by Nelson Mandela

What if this is true? What if they are right? What if we are powerful beyond measure? How does this thought make you feel? Elated or frightened? Give it a moment of thought. In this book we will look at both sides of the coin, and by using a practical step-by-step process we'll arrive at a conclusion - at the real YOU. Now do you dare to follow me?

Congratulations – you are still here! Let's begin...

Why I wrote this book

It was 1978 when a friend gave me my first self development book. Not that I thought I needed it but once I started reading I was amazed by how often I saw myself in the pages. The book was “Your erroneous Zones” by Dr. Wayne Dyer. It seemed I had quite a few erroneous zones at the time and for several years this book became my “bible” and truly helped me improve and enjoy my life.

It also made me become very interested in personal development. Since then I have read hundreds of books on the topic and went to dozens of seminars and trainings. Being European it often meant traveling to another continent but as I believe travel expands your mind, I took it as part of my development. I wanted to study with the best there are in this field and I did and still do today.

But why did I need to write another self help book if there are already so many out there? Because despite the plethora of books on this subject, there are still billions of people who aren't following the path of their dreams, who are not completely happy with the way their lives are going; people who know deep inside that they could do better and they are ready to go forward but just don't know how to do it.

This book is not just for reading. It is a full course that will help you stretch your boundaries and live the life of your dreams; no matter what age you are today. Because NOW is the perfect moment to take that step forward, isn't it? Why else would you be reading this?

But what qualifies me to give you advice? Apart from my extensive studies, my life and my love for it does. Since an early age I was aware that even small obstacles can stop us moving forward and I didn't like that. Therefore I found practical ways to overcome my fears and obstacles and in this program I will share them with you. We all face challenges, fears, procrastination and self doubts. Nobody is exempt of that. What makes the difference is how we deal with them.

Am I perfect? Far from it, but I really love my life. It is the only one I have and I might as well live it happily, don't you agree? You too have this choice. You can create and live the life of your dreams and with my help will do so. Like you, I have days when things just don't go right, but I never lose sight of my life's purpose and joy - and with my guidance, you too will build your “perfect” life.

So the answer is **yes, this book is needed**. It can make a visible difference in your life! Unfortunately I am not a Genie and can't just give it to you. Only you hold that power. Only you can commit to a path of change that will ultimately release your true potential and let's you achieve all that you dream of and are capable of.

Be warned! Even though it is simple, it is not an easy process. It requires you to reflect and maybe change in some areas. It requires you to decide what you want from life and who you truly want to be. It is your choice whether you make that decision or decide to stay as you are today. You are the master. The choice is yours.

I will be with you the whole time, helping and encouraging and sometimes prodding you along the path towards a fulfilled life, and a better, happier you.

Together we will create a better world - one person, one dream, one vision at a time! And today we will start with YOU!

Have you ever made New Year resolutions that fell flat before the end of January? Set goals you didn't reach or even forgot about? Don't worry, we all have. It's human nature to keep comfortable old habits rather than do things differently, even when we know the change could propel us forward, forward to new, unimaginable height. But the good news is we can change! Now or later – the choice is always there for us.

So let me ask you the question again:

Will you let me guide you to the highest high you can imagine – to the REAL YOU?

If the answer is yes and you want to be the real you in harmony with this wonderful life so full of surprises, then this book is perfect for you. Be prepared because I shall challenge your beliefs, make you think, and ask you to work with me.

This is a workbook!

Did I see you shrink away just now? Why? If you knew 10 Million US\$ were waiting for you on top of Mount Everest would you attempt to climb it? Most of us would, and yet this is so much easier and will get more permanent results.

If you are one of the rare few who are NOT content with “life as usual” and you long to better yourself, your loved ones, and the world at large, this workbook was written especially for you.

You learn to cook by cooking. You learn to play tennis or golf by playing; by actually doing it. Any form of learning is ineffective if it separates theory from practice. This is no different. You learn to become the UNLIMITED you by first assessing your present state, than picturing the ultimate goal and filling the gaps in between by the right action. I promise it will be an exciting journey with plenty of self revelations and fun.

This book is interactive and it will bring you astounding results if you do the exercises included in each chapter. Remember, this process is for you – nobody else.

Now, before you start make a promise to yourself:

I,, promise to live my life to the fullest. I deserve to have a life full of love and light. I now open my boundaries and let peace and abundance in.

Signed:

Place, date.....

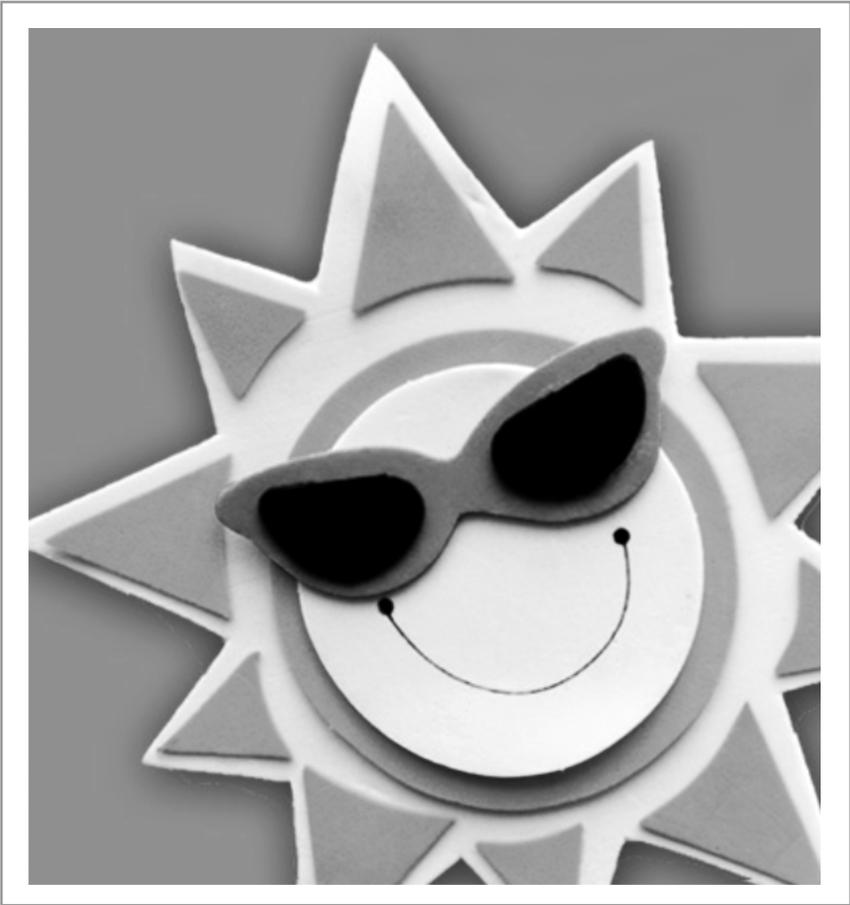
Signature.....

Can't sign yet? That's fine. The choice is YOURS! As in all things in life this is not for everybody. But I thank you for trying my book and wish you a wonderful abundant and happy Life.

**Always remember, to be or not to be –
the choice is YOURS!**

Anytime – Any place

CHAPTER 1



Start with the End in Mind

"Don't ask yourself what the world needs;
Ask yourself what makes you come alive.
And then go and do that.
What the world needs are people who have come alive."

Harold Whitman,
US Author and Professor of History



THE WAKE - UP CALL

My first real wake-up call came at 40. It seemed such an important birthday and I invited friends from all around Europe. Also for the first time my relatives were allowed to travel from East Germany which made it very special for the whole family. I was so excited but as the actual day approached I became short tempered and snappy, I felt unhappy and discontent, and was crying more often than laughing. Nobody could get me out of this depressed, miserable state.

What had happened? I call it my midlife crisis. Planning the party, I had reflected a lot on my life and on what I was doing with it. Here I was, turning 40, and I felt as if I had wasted half of my life. That thought really upset and frustrated me.

Let's have a look where these feelings of frustration come from.

We all have dreams. We all have ideas of what we believe our life should be like, or what we wish our life to be like. Plus each one of us is unique. This means there are billions of dreams out there and they all have the same right to become a reality. Consequently who do you think is responsible to make YOUR life's dreams come true?

There's only one answer – and that is YOU. You are the only person who can turn your life into the life of your dreams. This logical fact seems not to be clear to everybody. It seems so much easier to blame parents, spouses, the government or society as a whole for whatever does not work in life. But once you think about it, it is not only logical, it makes common sense.

Each of us has to take responsibility for our respective life and actually we are only able to take responsibility for that. Obviously we must take care of our children, dependents, pets, plants etc. but that's not what we're talking about in this program. We are talking about our Life - and our dreams and how to achieve them.

I have a very serious question for you: **Are you ready to take this responsibility?**

When we start life we are full of adventure, have daring ideas and everything seems possible. The truth is everything is possible! Unfortunately over the years we learn to doubt our abilities and later might forget altogether why we are here on this planet.

On a Brian Tracy CD (US Author and Success Trainer) I heard the beautiful story of little Bob who was drawing a picture in play school. The teacher asked him what it will be and little Bob answered: "I am drawing a picture of God." "But you can't draw God. Nobody knows what he looks like," exclaimed the teacher. "They will once I am done with it!" declared little Bob with full confidence.

Children do not question their abilities like most adults, but they do know their limits. For instance, if you had asked little Bob if he could play the violin he would probably have answered with "I don't know. I've never tried it." Compared to an adult who would immediately say that he can't play the violin even if he has never tried and for that reason can't know if he could or not. See the difference? It is fundamental to who we are today.

Small wonder this happens though, as from early childhood we are conditioned to doubt our abilities.

"Don't do that - Stop - No - Not here - Not now - You can't do this - Behave - You are not big enough" - etc. etc. etc.

Fairly soon we start to believe we are a failure. If we don't behave as our peers expect us to, they get upset and it appears they don't love us anymore. For a child there is nothing worse than not to be loved by Mom or Dad, and it's here that our fears start and our confidence subsides.

Because of this conditioning we tend to drift into a “comfortable” but often miserable life that is not our own. Too many events happen during the years that take our attention and focus away from what we originally started out to do. Quite often we get distracted to the point that we even forget all about our dreams. We forget where we wanted to go when we started off as youngsters, and very soon instead of living OUR life we live the life of our parents, spouses or well meaning friends and the society around us.

One day we wake up and we are 30, 40, 50 or even 60 years old and we wonder what happened to all those years and what happened to all of our dreams. That is why my first real wake-up call came at 40.

Today, I know that I had a very special life. From the age of 16 when I ran away from home (my parents caught up with me after a day) I have always lived my life and nobody else’s, and if I had the chance to live it all over again, there really isn’t much I would change. I consider myself especially fortunate as I made the decision to live the life of my dreams at such an early age and never looked back - except on my 40th birthday.

During my party I decided I needed to change my life and within the next six months I relocated to a new country, worked in a responsible job I knew nothing about, and started afresh with no visible history or connection to my past. For the first time ever I wanted stability. After working in Tourism and traveling the world for 21 years, I wanted to live in one place with a stable job, a stable relationship and stable social life. I had the feeling I had lost out on something all my friends thought was normal - boy, oh boy, was I mistaken.

But obviously I had to go through the following two years to see the real me again - the independent free spirit that loves to be out and about with people from different cultures and backgrounds. It took this time to realize that I didn’t need the type of stability my relatives and friends had because I was me, and I wasn’t them.

The freedom that I took as my birthright at 16 and have actually lived since 19 was still there at 40 but I had to be made consciously aware of it again. I needed a change in my life but the change wasn’t to be “stable and normal” like my folks back home. Not that there is anything wrong with their life. It just isn’t right for me.

Today, the only stability I need is the knowledge that my heart, my soul, and my mind will always travel with me. The same is true for you. If you can accept this knowledge, you are truly independent and free. And you can help to free those around you too.

Remember what Nelson Mandela said: “As we are liberated from our own fear, our presence automatically liberates others.”

Have you woken up to one of those moments in your life that made you think about why you are here? Were you satisfied with your answers? If not, did you do anything about it?

“If you don’t change the road you’re traveling on, you’ll probably end up where you’re going.”

Confucius,
Chinese Philosopher

From my coaching and workshops I know that most of us get these wake-up calls; some earlier - others later. Very often they appear around birthdays or special anniversaries, or in sad, difficult moments like during a divorce, the death of a loved one, a bankruptcy or other dark moments in life and occasionally they really hit us hard in the face.

Why? Because it takes some doing to make us change and these special moments are our wake-up calls. At least they force us to take a closer look at our lives and make a choice – whether it is to move on or to continue in the same style. If you reflect on your life and choose the way you want to live it consciously - it will make a big difference.

Give it a few moments of thought:

What is my life all about?

Who am I?

What do I want?

What are my dreams?

What is my idea of an ideal life?

We will soon do a few exercises that will help you clarify what you want from life. I ask you to take them seriously because they really bring results.

Give yourself 15 minutes for the first two and at least 30 minutes for the last and come back to these pages as often as you wish during this whole process. You might want to change and improve what you write now as you get further into finding the REAL YOU.

It is possible that some of you have used similar techniques before. There are only so many fundamentals that really work but you can't do this often enough and I suggest you repeat it until you are absolutely 100% sure of who you are. This is the foundation to your success in life.

Please, don't stop here before you have really started. If you have done this before, it is a good idea to compare notes with what you have written in earlier years, you are probably in for a big surprise.

“I find it fascinating that most people plan their vacations with better care than they do their lives. Perhaps that is because escape is easier than change.”

Jim Rohn,
American business philosopher



WHAT DO YOU REALLY WANT?

Imagine you had all the money you would ever need and could do anything you wanted to do, knowing that you would not fail, what would you do?

Be creative and really dig deep down to come up with the things you would LOVE to do. How would you spend your time once you had done and bought everything that might still be on your wish list? What would you love to do if you could do anything you wanted to do without holding back? Now is the time for your wildest dreams:

For now, this is just food for thought and we don't need too many details. We'll come back to the answers later in the book.

Here is what I wrote:

I would use my communication talents and share everything that helped me to be a free spirited, happy human being with all those seeking fulfillment and happiness. I would continually strive to find more wisdom and share it with the people around me. I would show as many people as possible how to reach mental and financial independence; how to be grateful for all the good things we already have in our lives; how to enjoy the moment and how to love and respect ourselves and all our unique achievements.

I would lead a healthy, balanced life with enough relaxation time, and spoil myself more often knowing that I deserve all of the abundance that is coming my way. I walk my talk, and always lead by example.

The next exercise might seem a bit insensitive as it's frightening for many of us to think about death in general terms, let alone our own, but passing away is part of life. We are born into the world, and one day it's our time to leave again. It's the same for all of us, whether we had a fantastic life or a miserable one. Death is the only thing in our life we have little choice over.

I urge you to stop worrying about it as it is something you can't change, however much you might try. What you can change though is the way you live now. You can choose to live the life of your dreams, or you can choose to live a cheap copy of it. Remember, life offers no dress rehearsal. This is the real thing. So make your life a good one and give it your very best.

“If you are going to think anyway, why not think big.”

Donald Trump,
Real Estate giant

In this next exercise I want you to write down what you want people to say about you at your funeral. Please, make an effort to be serious in what you write. It shows so much about the being you are deep inside.

Masha Malka, life coach and author of “Your inborn genius” (and a good friend of mine) said: “The great thing is that it is never too early or too late to start living a life of purpose. Most likely you have been doing it for years without even realizing it.”

Are you already living the life of your purpose or is there still something missing? Let’s be critical for a short moment. If you were to leave this planet today is the above response to the exercise what people are likely to say about you? If not, take note of the areas you still want to work on in order to become the person you wish to be.

Congratulations! This was quite a big step and maybe it wasn't too pleasant, nevertheless if you have actually taken it, it's a very important step towards your personal freedom and fulfillment.

“You don't get to choose how you are going to die; or when.
But you can choose how you are going to live.”

Joan Baez,
Folk Singer

If you didn't like this exercise, it might be a good idea to look at how you feel about Life and Death. We all know it is unavoidable. For some, death is to be feared, for others, it's the crown of existence as we pass back into the light. What is it for you and why?

If the technique we used was too hard for you, try writing your “rocking chair story” – what do you want to tell your great-grandchildren about your life? Use your imagination and do at least one of these in writing. It will give you a good idea of what you want. Use your imagination and let your ideas flow freely.

“Imagination grows by exercise”

W. Somerset Maugham,
English Author



YOUR VIVID VISION

Before an architect can build anything he needs to have the idea, he has to see it in his mind; be it a house, a skyscraper or a bridge. Then he starts to draw it, maybe even builds a model, before he can actually begin building it. Before a new invention comes onto the market, it's first an idea, a thought that is developed in great detail until it becomes reality. Our lives are the same. We must first have the thought, the idea of what we want and how we want it, and only then can we work on the particulars, clarifying it in great detail before it can actually become our reality.

There are 3 steps to this process:

1. Visualize exactly what it is you want to experience in life.
2. Have absolute total faith that you will experience it.
3. Take consistent unwavering action to ensure you experience it.

One of the critical steps to really attract what you want from life is visualizing exactly what you want. All of the experts interviewed in the movie "The Secret" agreed that the more precisely you visualize the better the Law of Attraction works. But the opposite is true as well. The less you visualize, the less noticeable the results. And even worse for most folks - if you are confused and are unable to even imagine what you want, the Law of Attraction might give you the opposite of what you desire and you could never see the results you want.

“We can write and live our own scripts more than most people will acknowledge but there is a price to be paid. It is a continuous struggle which requires visualization and affirmation. It involves living a life of integrity, starting with making and keeping promises, until the whole human personality, the senses, the thinking, the feeling, and the intuition are ultimately integrated and harmonized”

Stephen Covey,
Extract from “The 7 habits of
highly effective people”.

And that is exactly what we will work towards but before you can cherish your vision, you have to define it in great detail, like the architect would his building. And be prepared to enjoy yourself. This is great fun because we are building the life of our dreams first in our minds, then on paper – and soon in reality.

Go into all the details; see your dream life, your dream job, your dream home. See it in full detail with all its rooms. Where is it, what does the entrance look like, is there a garden, what flooring do you have, what windows, lights, furnishing, decoration, kitchen, size, etc.? Look at your dream family or friends; smell your favorite food and who you eat it with. Describe in vivid details the landscape around you, what you wear and how you look and feel. What are you doing? Are you rich or poor? Don't hold back. This is only a dream...

Let's do an experiment. Close your eyes and start to visualize your dream life but **DO NOT** think of silly things like a pink elephant or flying pigs...

What happened? I bet you saw both or at least one in front of your visual eye, didn't you? This was just to prove that everyone can visualize but as in most things our expectations are too high. We think we must see everything in 3D and full color. Actually few people can do that; some of us just smell, hear or feel what we are dreaming about. Everyone has their own way.

For instance, if you have never gone skiing and are afraid of making a fool of yourself, you will imagine all kinds of things that could go wrong, before it actually happens. That is not only called worrying but visualizing too.

Or you connect certain sounds and smells with situations. If you have a favorite song from the time you met the person you love, this song will trigger off fond memories. If your Mom used to cook you a special dish, you will visualize certain situations with your mother whenever you eat or smell something similar. These visualizations can come in pictures or feelings – good or bad.

“When a performer begins to experience physical or emotional pain in the heat of the battle, the brain, whose primary role is self preservation, asks the question: ‘Why must I suffer?’ The champion will answer the question with the vision they have carefully constructed, and they will continue to fight. Since the masses lack this mental clarity and have no reason to suffer, they quit as soon as the pain kicks in. **Developing a world-class vision is the secret to world-class motivation.**”

Steve Siebold,
Author “177 Mental Toughness Secrets”

Now start enjoying yourself. If you are at home, light a candle and put on your favorite music at a low volume and reflect what you wish your life to be like five years from today. Keep your eyes closed for a few minutes and use all your senses:

Where are you five years from today?
What is it like?
Who are you with?
What do you do?
How do you look?
What are you wearing?
How do you feel?
How is your health?
How big is your wealth?
What is your state of mind?
What are you speaking about?
What do your surroundings look like?
Is it a special day?
What are you celebrating?

Where have you gone?
What have you achieved?
What is happening five years from now?

Hear, smell, see and above all feel what it is like:

- to have achieved so much in such a short time,
- to have all that you have now,
- to actually be the person you have always wanted to become.

Dwell on your feelings for a moment longer and then start to write it all down. Take your time and go into as much detail as you can. Write about everything that comes into your head and keep it positive and always in the present tense as if it was now. Your subconscious mind will not know the difference. Remember, you are creating the life of your dreams. There are no limitations.

If you need more space, use blank paper and continue to write. The more detailed the better. You are taking a huge step towards actually living the life of your dreams. Even if you can't believe it yet, as you write it down you create your future and you deserve all you desire so let it flow out from your heart onto the paper and into your subconscious.

On the _____, five years from today

Day month year

I, _____

Congratulations! Well done! Enjoyed it?**Haven't done it and don't feel like doing it now?**

Let me answer with Einstein's words: "The definition of insanity is doing the same thing over and over again and expecting different results."

Tell me, why are you reading this if you don't want to improve your life, if you don't want more than you have now – whether it's love, money, happiness, peace of mind or whatever is still lacking in your life? Do you have so much time to waste? Come on; even if you're skeptical give it a try. What do you have to lose? And you have everything to gain. Besides, it's really fun to do and will leave you with a lovely warm feeling and a big satisfied smile on your face – I promise.

This book can only guide and advise you. It can't create your future. You are responsible for that – you alone and nobody else! Please, be aware of this.

But perhaps you haven't created your vivid vision because you aren't sure where to start? If that's the case I will share my vision with you. Maybe that will motivate you to write your own in as much detail. However, if you are happy with what you have written, you can just pass the next three pages.

Barbara's Vivid Vision:

An attractive, healthy looking and charismatic woman drives up to a beautiful log cabin in a 4 wheel drive. The woman is me. My friends and I come back from a hike in the nearby mountains and are full of life with glowing cheeks and a great sense of satisfaction. We say our goodbyes near my front door and they stroll off in the direction of their houses, located nearby.

My beautiful log home lies near a river leading to a lake not far away. It is quite large but blends in beautifully with the surrounding nature. On the north side we built our sauna cabin which hosts three different types of saunas and a wonderful meditation room with a glass front facing the forest. When we relax there we are surrounded by nature. On warm days we can completely open the glass front and be part of the beauty all around us.

The house has a 2-sided wide porch furnished with comfortable outside furniture, a couple of colorful Mexican hammocks and a swing bed hanging from the ceiling with colored cushions and plants everywhere. It looks open

and very welcoming. From the porch and from our bedroom we can hear the water in the stream. The forest is nearby and birdsong is never far off.

I walk into the ample living area and look up at the 2-storied gallery lined with bookshelves all the way along its north side. The sun shines into the light room with its warm fall colored decoration and rugs. My dog curls up on one of them. He's been out with me for the hike and is now happy to have time for a nap. Near him are a couple of wide, cozy sofas and there is a massive wooden dining table to the left which is set for nine people. My soul mate and I are expecting our friends and neighbors for one of our Mastermind luncheons today.

I can hear our friend, the chef, working in the kitchen which is off to the left behind the dining area. He sings happily and our housekeeper seems to hum along. I take my shoes off and walk bare footed on the polished wooden floor. The wood feels warm and comforting to my feet. For a moment I stretch on my favorite sofa and reflect on the morning.

We have been up since 6 am, fully awake, as always looking forward to another great day. During our usual yoga session on the porch we could hear the forest waking up. The birds were singing to their hearts' content and a nearby rooster welcomed the day. It really was pure bliss to be here, surrounded by nature and knowing many of our friends are close by.

We made ourselves some green tea and sat in front of the fireplace answering our mail. This is always a very private part of the day before the rest of the household comes awake. We have time to exchange notes on how things are going, what questions people have, what solutions we find.

Since I started the To be series I have come a very long way. I have so far published four print and six audio books which are all outrageously successful and are selling by the millions. People flock to my seminars by the thousands and my online courses are getting bigger and bigger, taking on a life of their own. By now there are nearly 100 licensees who are sharing my insight around the globe. I love my work and travel a lot, but here is where my heart is and where I can center and rejuvenate myself.

My soul mate is with me most of the time. He came to me fairly late in life and is now the logistical mastermind of the To be network that spreads around the world. We live in great synergy and freedom of mind, body and

spirit - two powerful human beings living an empowering life and being role models for many others.

All strings come together in this quiet, peaceful setting through our very sophisticated communication system. Some of our partners and staff live nearby and we have a one-storied office building on the grounds that is used by all. My enlightened community has come to pass and is growing as I lie here contemplating the incredible things that have happened since 2005.

It was only a year ago that we opened our enlightened Mastermind community of which I am the founder and driving force. It was my dream to create a community of leaders that are committed to continual growth and to sharing their knowledge and wisdom to the betterment and freedom of all Mankind. Our young benefit greatly from this as we have people from all professions in our midst or as frequent visitors.

The official opening party was on my 60th birthday. My face still glows with happiness and pride when I think of that special day. We had many visitors from different countries. Some of them are big players in the self development field and to my pleasure they mixed well with my best friends and my mother, who also shared this extraordinary day with me. Many of my friends have now come to live in this wonderful community I love so much.

I can hear my partner printing out some documents we want to use for our mastermind group. The group will be here shortly. A wonderful smell of baking herbs wafts in from the kitchen. The water is running. Our chef and good friend is probably washing some of his home grown salads. He always comes up with new gourmet creations. He just loves what he does and sells the recipes online as they pop into his mind. Like most of us he is a successful businessman and with his clear open mind, passion and knowledge of nature he has become an important part of our group.

We are very excited about the results we have been coming up with lately. It is creating many different streams of income for us and we are thinking of enlarging our community of enlightened millionaires by starting a University nearby, to teach what we so reverently believe in and what has proven so extremely successful for all of us. Our students will learn to start with their desired end result in mind and mentally create their dream life,

define their values, mission and purpose on this planet, before they decide the subjects of their choosing.

In our community we live and teach peace, tolerance and respect for each other and for nature. People who respect the uniqueness of the individual are welcome to participate and share. Every member has committed to tithe at least 10% of his income to social causes. Another 10% goes towards the community and our future goals like the University. Most members of our community are very successful and work globally as I do. My partner and I complement each other extremely well and we are completely financially independent and can enjoy life and each other as it is meant to be.

I am a happy, successful and enlightened woman. Life holds only the best for me and I am gratefully using everything it has to give. Thank you Universe!

Hey - we can have our cake AND eat it. My friends and I do it every single day!

Maybe you will not write all these details in one sitting, but the general idea should be there from the beginning. Whether you like my vision or not (after all it is about my life and not yours) you will admit that it leaves one with a positive feeling of achievement. I am doing what I love to do and what I am here to do. I have chosen this path many years ago. The question is: Are you doing what you are here to do? Are you doing what you really love to do?

“Give a lot of thought to your future because that is where you are going to spend the rest of your life”.

Charles Kettering,
Legendary Inventor

Please, look once more at your own dream vision and continue to improve it without limitations and impossibilities. If you have done it already, go over it again. You can't do this too often. Be patient. This is at least 30% of the work and it's a very important step into your great future.

As you continue, you will feel better and better and even if, at this stage, you can't believe that it might all come true, you have taken the first step in the right direction and are well on the way to live the life you crave for and truly deserve.

From now on read your vivid vision at least twice a day – just after you wake up and before you go to bed. Improve on it whenever a new idea hits you. **No one is ready for anything until he believes in it.** Write your dreams down with an open mind and during the course of this book we will work on turning them into an action plan that will finally end up a reality – your reality in which you truly live the life of your dreams.

“We know what we are but we know not what we may be”

William Shakespeare,
British Playwright

In the book “Think and Grow Rich” by Napoleon Hill I read the following poem that hits the nail on the head but makes me sad when I think how little many of us value ourselves.

*I bargained my life for a penny
And life would not pay more,
However I begged at evening
When I counted my scanty store.*

*For life is a just employer,
He gives you what you ask,
But once you have set the wages,
Why, you must bear the task.*

*I worked for a menial's hire,
Only to learn, dismayed,
That any wage I had asked of life,
Life would have willingly paid.*

Unknown

Don't limit yourself in any way. Don't just ask for a penny. Write down your wildest dreams in as much detail as possible and start living the possibilities.

“Man's mind stretched to a new idea never goes back to its original dimension.”

Oliver Wendell Holmes,
Doctor and Poet

**Stretch your mind to the impossible
and it will become possible!**

“Be careful what you do, because what you do is what you end up doing.”

Hans Glint,
Life Coach and Author

