

CHAPTER ONE



Getting Started

We cannot become what we need to be, remaining what we are.

—Max Dupree

What more can you do with your life? What else is possible? How much further can you push? Is this all there is?

As you sit daydreaming at your dead-end job...

As you watch others progress toward more fulfilling and rewarding things...

As you watch others living the life they want...

What thoughts cross your mind?

Do you get motivated to start living your dreams, or do you just wallow in self-pity and resign yourself to fate?

If you have an intense desire to do more with your life and an impression that there is something more to you than meets the eye—you are probably right. In life, there comes a time when you become aware that you have settled for less—less than you are worth, and less than you deserve. The realization that you

may have cheated yourself out of happiness, accomplishment, respect or advancement, causes you to yearn for something more—something better.

You know that you can be more and achieve more. In fact, you want to do better for yourself—so, what’s hindering you from moving toward what you desire?

WHY DO YOU SETTLE FOR LESS?

You usually settle for less than you deserve and fail to advance toward the life you desire for the following reasons:

You are living according to someone else’s plan for your life.

For example, the reason you may be stuck in an unfulfilling career is because a relative decided that you should pursue and invest in an academic degree for the prestige it offered and not for your love of it. A lot has been invested and you don’t want to disappoint them. You feel obligated to carry on with this career that has been chosen for you instead of following your bliss.

You underestimate yourself and are afraid of the person you think you are not.

For example, people tell you that you are an intelligent, talented and beautiful woman. However, because you don’t feel good about who you are and secure about what you can do; you shy away from compliments and downplay your abilities. Your poor self-perception affects everything you do and you can’t seem to accept that you have it in you to be all you want to be.

You are afraid of the greatness of the person you are capable of becoming.

For example, you desire to become a successful television personality like Oprah Winfrey. However, you are intimidated by the prospect of success. You feel that you are not good enough or deserving of the honor and recognition that could come with your accomplishments. So, you sabotage yourself by making sure you attain only a small measure of success. This minimal result is not what you want, but it's what you feel you deserve.

You are afraid of taking risks, changing and growing.

Fear makes you cling to people and situations that don't make you happy. It curbs your growth and forces you to remain in your familiar comfort zone. For example, you want to start a business but instead of focusing on positive outcomes that give you the courage to launch out—you focus on the risks involved and the possibility of failure. This increases your fear and prevents you from moving forward with the plans you have for your life.

You are over dependent on others.

For example, the reason you still don't have the job you love is because, you are hoping that somebody will pull some strings or make that important phone call on your behalf. You are hoping that someone will kick the door of opportunity wide open and ask you to walk in and take your place. You are expecting others to do the hard work and make your life happen. While your life is on hold, the people you're waiting upon are busy and actively making their own lives happen.