



"We must walk consciously only
part way toward our goal...

...and then leap in the dark
to our success."
- Henry David Thoreau

Step 4:
ignite

It's time to get out of your mind, and get into action.
It's time to start making some decisions and creating some goals.
It's time to start committing to your direction with the steps in front of you.

The Myth of Tomorrow

Have you ever found yourself wishing you had more time to do what you wanted to do with your life? Do you often find yourself making big plans to turn over a new leaf "tomorrow" - but "tomorrow" never seems to show up? Do your birthdays seem to come much faster every year?

Time is slippery. We let it get away from us when we believe in the myth of "tomorrow." Goals in the distance are incredibly important, but only so we can extrapolate down to the steps directly in front of our feet. We love Superman because he can fly right up to the peak without hindrance; but he doesn't have to take the small steps that ascend him to a peak. Many of us are great at envisioning the peak and wanting desperately to get there; but the real super men are the ones who have a strong enough vision to get up and hike each day in the right direction, knowing the peak will be there when they are ready. It takes real guts to see the baby steps and commit to the journey.



Forgetting the myth and living each "today" is empowering. How do we get from believing the myth to debunking it?

I'll continue to use the hiking metaphor. Envision that peak, place it on your map (don't forget to place yourself on the map), decide on a path or direction, and then forget about the peak and follow the path in front of you each day. If you've done a good job of defining your path to a well envisioned peak, your only task is to walk each day. Forgetting the peak is like forgetting "tomorrow" - which takes the daunting nature out of the long journey and allows for a simpler existence. Say this out loud, "there is no tomorrow... I'm going to live today in a big way." Feels good, right?

Now, along the path are the factors that affect us (positively or negatively) - health, money, relationships, etc. It is very important to keep the positive influences on the path; and equally important to shed the weight that keeps you from moving forward each day.

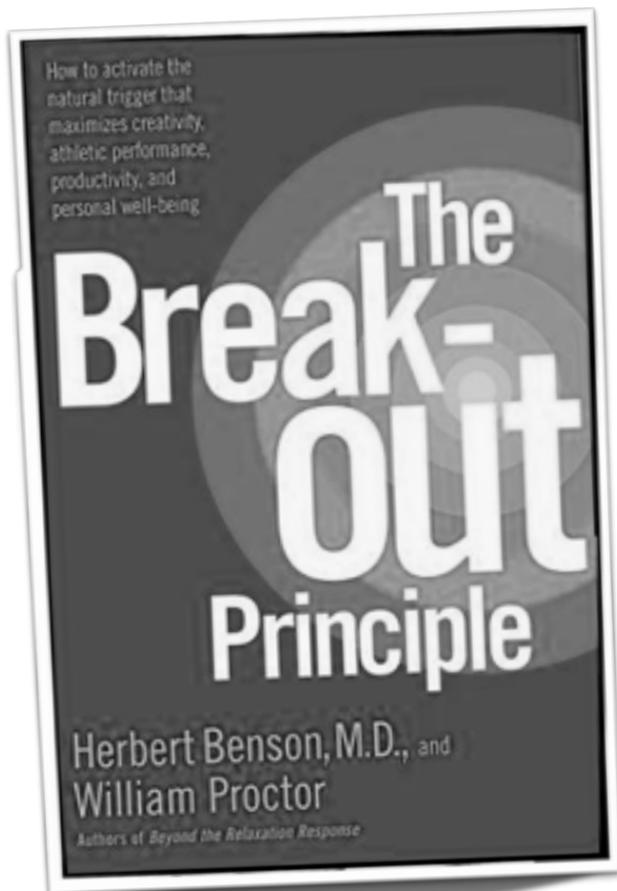
Right now, decide what you spend time on each day that is irrelevant to your main purpose. Is it a video game, bad television, politics, sports news, your fantasy sports team, a dramatic relationship or friendship, your phone, drinking, smoking, drugs, or maybe a long commute? See if you can take a 48 hour break from it. This break from your habit may afford you time take a step toward your vision TODAY. If it feels good, it's probably good for you - so see if you can take another break of 72 hours next week... you get the picture.

As you near your peak, you will likely find another peak in the distance - this is a sure sign that you are on the right path. Our purpose reveals itself in layers. If you found out today that the end goal was Everest, you'd probably be too daunted to start. Fortunately, we don't see that peak first. We see the attainable stretch goal in front of us; and then if/when we reach it we decide we're ready for the next level that we weren't even aware of at the beginning of the journey.

So what is your next peak? Ask yourself what can you do TODAY, like right this minute, to move in that direction. I hope you will forget about the myth of "tomorrow" and commit to the reality of NOW.

Finding Your Action Trigger

The Breakout Principle can help you find ways to “activate the natural trigger that maximizes creativity, athletic performance, productivity, and personal well-being.”

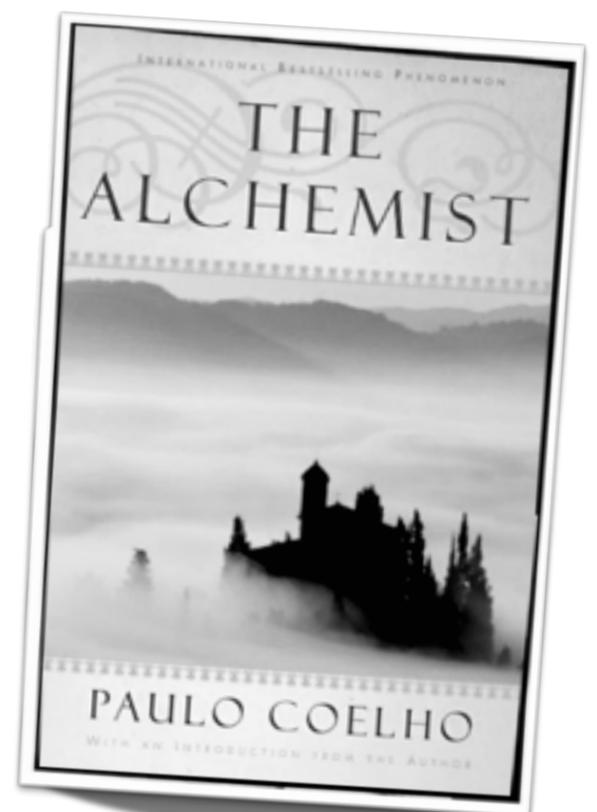


Altruistic Triggers	<ul style="list-style-type: none"> • Becoming involved in helping others • Volunteering
Animal/Pet Triggers	<ul style="list-style-type: none"> • Sitting quietly with your pet • Observing fish in an aquarium
Athletic Triggers	<ul style="list-style-type: none"> • Walking, jogging, bicycling • Becoming absorbed visually in a sport • Golfing alone • Repetitive practice (driving range, batting cage)
Cultural Triggers	<ul style="list-style-type: none"> • Viewing a work of art • Reading or listening to poetry • Sitting quietly in a tranquil building or architectural space
Musical Triggers	<ul style="list-style-type: none"> • Listening to, Playing, Singing your favorite music • Listening to Mozart or Bach
Nature Triggers	<ul style="list-style-type: none"> • Sitting quietly in a garden • Gazing over a seascape or a mountain range • Strolling silently through the woods
Spiritual Triggers	<ul style="list-style-type: none"> • Prayer, Meditation, Contemplation • "Eastern" triggers, such as tai chi, chi gong, or yoga
Water-Related Triggers	<ul style="list-style-type: none"> • Enjoying a long shower, bath, or hot tub • Sitting or floating in a quiet pool

“There is only one way to learn. It's through action. Everything you need to know you have learned through your journey.”

— *Paulo Coelho, The Alchemist*

“Making a decision is only the beginning of things. When someone makes a decision, he is really diving into a strong current that will carry him to places he had never dreamed of when he first made the decision.”



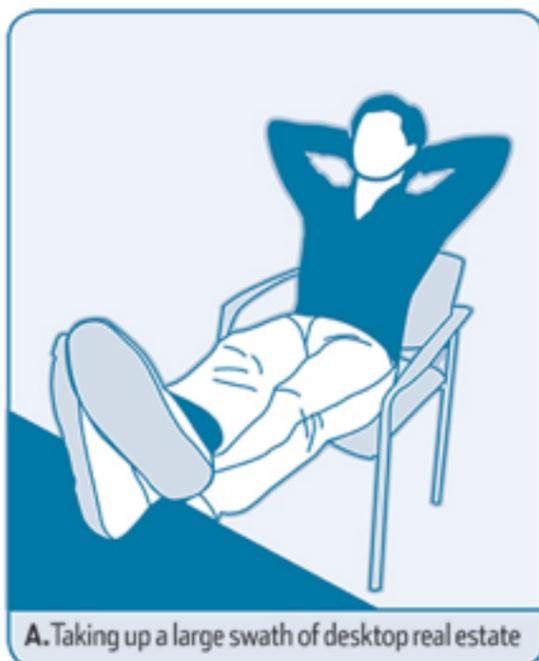
Get out of your head and into your body

You've probably heard the phrase "Mind over Matter" - which is mostly true; but it turns out there are times when "Body over Mind over Matter" is also true.

New research shows posture has a bigger impact on body and mind than previously believed. Striking a powerful, expansive pose actually changes a person's hormones and behavior, just as if he or she had real power.

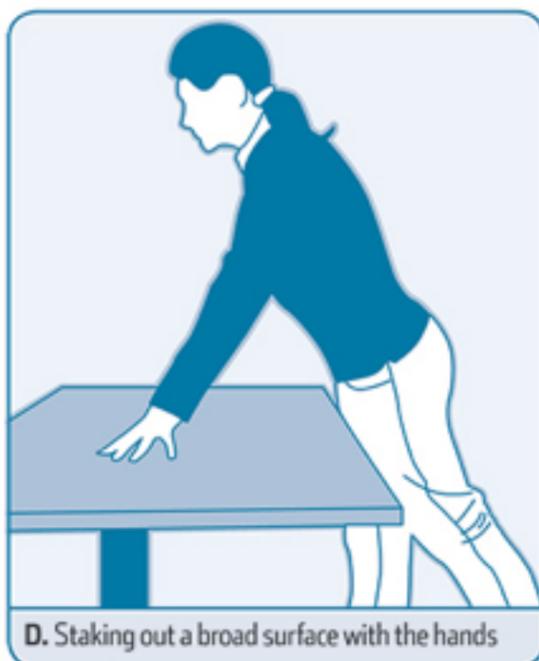
To start feeling your superpower and jump-start your self-confidence, try to work in some power poses into your day.

Practice some of these below.



Who's in Charge Here?

Researchers have identified high- and low-power body language. Spot which positions convey authority.



The Gratitude Visit

According to research from The University of Pennsylvania, the single strength that is most closely related to well-being is gratitude.

Close your eyes and recall a face of someone who did something powerfully good for you, who had a profound effect on your life. Someone who is still alive today. Your job will be to make a gratitude visit to that person. Here's what you do.

Step 1: Tonight write a 300 word testimonial, concrete, about what she/he said or did to help you at the time.

Step 2: Call him or her, schedule a time for coffee (this is best done in person, if possible) or a phone chat **DO NOT TELL THEM YOU ARE DOING THIS**

Step 3: Read this to them.

300 Word Testimonial About Someone Who Affected Your Life

Unconscious Immersion

If your unconscious is really in control 90-95% of your life, then you need to address it even more than your conscious thoughts. Consider what it takes to learn a new language. Can you think about daily for 15 minutes and expect to speak Mandarin in a few weeks? No. You need to immerse yourself in the language so your unconsciousness is cornered into doing nothing but attempting to understand the world around it (which is all in a new language). When I learned French, it wasn't until I became fully immersed that my brain stopped cheating and trying to interpret everything into English. Then, I dreamed in French for the first time, and everything relaxed. My unconsciousness accepted that it had better stop translating and start LEARNING.

Same goes for you and this new life you're trying to lead. Do you want to start a business? You had better surround your unconscious mind with "business startup concepts." Do you want to be come a winemaker? It's time to immerse yourself.

Go through this checklist and do each of them this week.

Immersion Tactics

Try to stay really close to the heart of your project. In other words, don't go too far down the rabbit hole into tangential subjects. For instance if you want to learn how to write a business plan for a new website idea, and you start accidentally looking at cool fonts for an hour... you probably need to come back to center. All of those side interests are totally valid, but they don't serve to immerse your unconscious mind in the language you are trying to learn.

1. Like a page related to your project on Facebook
2. Follow 5 new people related to your project on Twitter/LinkedIn
3. Subscribe to at least 1 Email Newsletter from a relevant website
4. Watch a movie this week that relates to your project directly
5. Find a podcast or audiobook, and listen to it this week
6. Get a book from the library or on Kindle and start reading tonight!
7. Play a video game or a board game that simulates your project
8. Find a networking group on Meetup.com, and RSVP to an event
9. Subscribe to a relevant magazine
10. Find a class that specifically relates to your project and sign up
11. Subscribe to a Youtube channel that matches your project
- 12.