

Unleash Your Power!



Where does your personal power and true purpose really come from? Once you've indulged yourself with enough information by reading books, listening to tapes, and going to seminars, you're ready to charge off into the world to make things happen with your pant cuffs on fire!

Have you ever done this only to find that after a few hours, days or weeks, the motivation has worn so thin that you can no longer find it? If the answer is yes, you're not alone! That's because motivation is not enough to keep the passion in you burning on a long-term basis. You must be inspired! Motivation comes from the outside in, while inspiration comes from the inside out.

Inspiration is defined as the stimulation of the mind or emotions to a high level of feeling or activity. When inspired to do something, you are much more likely to follow through, even though you may be faced with obstacles, setbacks, and disappointments. So, the question becomes, just how do you become inspired? I believe that there are specific actionable steps that you can take immediately to increase the quality of your life.

It requires only that you sit down with paper and pen, and commit the time to some serious thought, self-discovery and documentation. I would suggest that you go to your local office supply store and buy a quality, hard bound journal so you can keep a permanent record of this activity on an ongoing basis.

Begin by defining the kind of person you'd like to become as specifically as you can. What qualities and characteristics do you need to develop in order to become this person? What type of train-

ing and personal development is needed from a mental and physical perspective? Who can help you in your quest to be the best, and what value can you bring to them in return? Please, write these things down in your journal.

Next, what is your purpose for wanting to develop yourself to a higher level? What would you like to have in your life from a perspective of career, relationships, material possessions, travel, knowledge, income, and anything else you can think of? Please, write these things down, and be as specific as possible, by listing the object of your desire; why you want it; what price you'll have to pay to enjoy it; and when you expect to have it.

Notice, I said you get to "enjoy the price." I really believe this is true. Let's face it; there's no something-for-nothing in life, and the price we pay can be good. It's what you become in the process of achieving your goals that determines the true value of the experience. You will be not only motivated, but inspired when you watch your brighter future unfold on paper, right before your eyes. That's where a burning desire starts! These will be your goals, your dreams, your desires, not something determined by somebody else.

Next, I want you to prioritize the things most important to you and take massive action! No matter what, keep on going! You may have to go around, over, and sometimes right through some doors. Some doors will lead to others. If you take action, I can promise that you will get results. They may not always be the results you want, but that's all part of the process. Remember, life is a journey, not a destination!

— **D. W.**