

PUSHING **TO THE** **FRONT**

Front Line Strategies from the
World's Leading Experts



Featuring
Renata Angelo, Brian Tracy
& Leading Experts From Around the World

PUSHING
— **TO THE** —
FRONT

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CHAPTER 11

ELEVEN STEPS TO MAKE YOUR DREAMS COME TRUE

BY RENATA ANGELO

“If you think you can do it, or you think you can’t do it, you are right.”

~ Henry Ford

More people than ever before are successfully using their mental powers to achieve their goals now. We are living at a very exciting time in human history. Over the past couple of hundred years, civilization has moved through many ages. We moved from Caves to Tribes, from Wilderness to Civilized Cities, from Industrial Age to Information Age. These moves through time and ages are in direct relationship to understanding the laws of our mind. Those who understand these laws and use them have a huge advantage over those who do not understand these laws and do not use them. We could almost call this age the Age of Mind Power. Many people have learned how to use the potential of their mind to attract success and happiness into their lives. And so can you.

In this age we understand that we are the creators of circumstances around us, whether we are conscious of it or not. There are no such things as “co-incidences.” What is happening in our lives today is a di-

rect result of our attitudes, beliefs and our past programming. As many scholars have said: “As within, So without.” If we wish to change what is happening to us, we have to change what is happening within us. Then we can achieve anything, even things that are regarded as “impossible.” And we can do it in all areas of our lives – such as business, career or even health. In this chapter I will show you how. First, let me share a short story.

Several years back, well-known personal development author and presenter, Michael Rowland, delivered a speech on the Gold Coast in Australia. During this event, I heard the words that have changed my life forever. That day I heard for the first time in my life that “we CREATE our circumstances.” To be honest, until then I was a very pragmatic person and I believed, like most skeptics, that the circumstances are simply given. That was my paradigm. That was the way I saw the world. However, that evening I dared to question it and I did a little experiment.

I was curious to see if I could really “*create*” my circumstances and I decided to test it on three things. First, I decided that I wanted to find 300 AUD (Australian Dollars) so I could buy a ticket to Michael Rowland’s two-day seminar. Second, I wanted to speak to Philippe – a person who had run me over in a car and who later became my spiritual teacher. Third, I wanted to meet one-on-one with Michael Rowland and have the opportunity to discuss with him all the questions I had. That evening, I turned my attention to the universe and I asked for these three things.

Within one week, I opened a box that I packed when I was moving a year earlier and I found there 300 AUD. What a surprise! I bought a ticket to the seminar, and when I went there and took my seat, I turned around to find Philippe right there on the seat next to me. I could not believe it! The next day I was walking through a corridor speaking on the phone and looking down, when I accidentally bumped into someone. I looked up and it was Michael Rowland! I apologized and immediately turned off the phone. With a surprised tone of voice he asked me: “Have you finished?” I replied: “Yes, I wanted to talk to you.” He responded: “I don’t know why, but I’m here to help you, so what do you need?” That day, I had the opportunity to talk with him for about an hour, and put all of my questions to him. Since that day, I stopped believing in “co-incidences.”

There are no co-incidences in our lives. We create the world around us whether we are conscious of it or not. This is simply a law. In a way similar to gravity attracting all objects to the Earth, you attract events, circumstances and people to your life. You are truly a remarkable human being and you have capabilities that are far beyond your expectations. We use only a tiny percentage of our brains and minds (5-10%). What would happen if we could increase that? What if the limits really exist only in our minds? Can we cure “incurable” health issues? Can we solve “unsolvable” problems? Of course we can!

Many cancer patients survive despite terminal diagnoses. Call it miracles if you want. The truth is that our outer world is only a reflection of our inner world. Many impoverished people become millionaires. If you follow certain success principles, you will reach your goals whether they are in the area of health, personal life, or business.

It is not important where you are today, what really matters is where you are going from now. Many people started from ‘ground zero’. For example, when I started my working life as a self-employed person, I was earning approximately 1000 CZK a day (which is equivalent to 55 USD). One day, someone told me that with regards to earnings, I just needed to add an extra “zero” to my income. I made a shift in my consciousness, and I became curious if it was possible for me to earn 10,000 CZK a day. When I allowed myself to imagine it, I took a different approach. I took extra courses, worked hard on myself and soon it became possible. Of course I have to admit, I did not make those earnings every single day, but I found that it is possible. Years later, this thought came to mind again. Is it possible to earn one zero more per day? Believe it or not, soon afterwards I was invited to speak at a function, where I led a very successful workshop that earned me a clear profit of 100,000 CZK. To my surprise, that person was right – it is just “zeros”. The limits are only in our mind. You can do it too.

In the following section, I will introduce you to the eleven principles of making your dreams come true.

STEP 1 – SET A CLEAR GOAL

First, you need to know exactly what you want. Be specific. Clarify and describe your goals in as many details as possible. Write them down. When

you know your target, focus on it every day. Create a plan how to achieve it. Take action immediately, and never give up till you get there.

STEP 2 – HAVE FAITH

Create an unshakable belief that you will reach your goal. Like the captain of a ship knows he will cross the ocean and reach the shore, you need to be 100% sure you will arrive at your port, even though you might not be able to see it now.

STEP 3 – CEMENT THE VISION WITH FEELINGS

Create a quiet time for yourself, when you visualize yourself completing your goals on a regular basis. The most important thing is to feel the feelings you will experience when your dreams come true. The best time of the day for this is in the morning after you wake up, and in the evening just before you fall asleep. Do this on regular basis (every single day if possible), and you will experience miracles.

STEP 4 – STAY POSITIVE

Being optimistic will get you much further than being pessimistic. Talk about your goals and what you want to achieve, rather than about the problems you have.

STEP 5 – USE SUPPORT TOOLS

Neuro-linguistic programming (NLP) or affirmations can support you on your way to success. A vision board is another tool that helps you to focus on your goals. You can also write your goals on little cards and put them into your wallet. These tools work for me and for many others. You can even re-write your goals daily and you will have the same results.

STEP 6 – BECOME A CONTINUOUS PROBLEM SOLVER

Will you face problems on the way? Of course you will. Take them as challenges and opportunities for growth. We can all learn from them.

Everyone has problems, your mission is to have better quality ones. Become an expert in solving problems. You know that for every problem, there is a solution.

STEP 7 – UNDERSTAND A PARADIGM SHIFT

If you feel pressured during the problem-solving process, stop and take a break. Try to create a paradigm shift in your mind. By paradigm, I mean the way we see the world around us. When you manage to do that, you often find a solution.

To illustrate, let me ask you a question: which of the following statements do you agree with?

- a. I will believe it when I see it.
- b. I will see it when I believe it.

The truth is there is no right or wrong answer here. Whatever you believe will be true for you. Change the way you see it and you will experience it.

STEP 8 – WORK ON YOURSELF

What can help us to shift our paradigms? What can help us to see things in different way? The fastest way is to attend personal development seminars and to read such books on a regular basis. We can get a lot of inspiration in this way. When you get new ideas, act on them immediately.

STEP 9 – GIVE WHAT YOU WANT TO GET

Your road to success will be much faster when you focus on what you can give to others rather than on what you can get from them. Find what others need and give it to them in the best possible way. Help others to make money and money will come to you too. Encourage others and you will also receive encouragement. Support others and you will receive support. You will get what you give. Ultimately, success is not about what you have, but about the person you become on the way to achieving it.

STEP 10 – BE GRATEFUL

Practicing gratefulness for everything you already have is a very important step. Focusing on it evokes further feelings of gratitude, and through the law of attraction, those feelings attract more good into your life. The law of attraction works, so use it!

STEP 11 – LISTEN TO YOUR INTUITION

Every single person has intuition that guides us. Some of us rely on intuition more than others. When you use intuition, it can get you to your goals faster than you imagined. I would like to end this chapter with a short story illustrating that anything is possible, if you utilize the steps listed above.

Three years ago, the famous Japanese scientist Masaru Emoto had a seminar in Prague. Because I did not have a camera with me, I asked one of the participants to take a picture of Mr. Emoto and me and e-mail it to me. It never arrived. Recently I decided that I would like to have that picture. My logic told me: “There are ten million people in the Czech republic, you have no chance to get it.” I stayed positive and optimistic and I asked the universe to organize the circumstances in a way that I could receive the picture. I had full faith that it would happen. Within two months, I went to a seminar given by Jack Canfield and my intuition told me to go and thank the translator for doing such a brilliant job. It turned out to be the very person who took the picture of Mr. Emoto and me three years ago, and I have the picture now.

You can have pretty much anything you want in your life if you truly believe it, and if you practice all of the steps outlined above on a regular basis. If you can live the life of your dreams in your mind, you can also live it in reality. It is just a matter of time. I wish you success and happiness!



About Renata

Renata Angelo is an inspirational speaker, coach and best selling author. Her life mission is to raise consciousness on this planet. She is committed to empowering you to unlock your potential, so you can take your life to the next level - fast! She will support you to become the best version of yourself.

Renata has over 15 years of experience in the area of personal and professional development. She taught the subject of Training and Development at Griffith University, Gold Coast, Australia. She is a certified fire walking instructor from a F.I.R.E. institute in the USA. Renata works with corporate and individual clients from all over the world. She has lived on 4 continents and it gave her a great opportunity to understand people from different cultures. Her passion is to support others to experience breakthroughs. She will empower you to step outside of your comfort zone to a growth zone.

Renata is the founder of 3 companies and she also co-founded a non-profit organisation. Corporations often book her as a keynote speaker. She also delivers interactive team building events. Renata's clients are AEGON, ALLIANZ, British Chamber of Commerce, GENERALI, ING, Mary Kay, METLIFE, METRO, NuSkin, O2, REMAX, T-MOBIL, UNICEF... and many others.

If you would like to experience her breakthrough coaching or you would like to invite Renata to your company as a speaker, please do not hesitate to contact her.

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