

ActionCOACH Dream Builder

Mind Rich ... The Seeds Of Wealth ...

ActionCOACH
business coaching

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Every business owner, in fact every person in our society, is creating their life anew every single day. It has been said that your current reality now is only a result of your past futures becoming real. Or, put another way, your position today is the result of all the decisions you made in the past. The challenge here is that most people think, all I have to do is change my decisions and I'll create a new reality. WRONG ... For, you can only do what you are, and what you are is determined by what you think about every single minute of every single day.

For most people, their life and desire to succeed could be summed up with a simple thought. If you continue to plant tomato seeds, you can't expect a great oak tree to grow. You see, most people plant seeds, or thoughts, in their mind ever single day of lack, limitation, want and fear, and then wonder why these trees grows to become their reality. Now, even if you don't plant them there yourself, all you have to do is to watch the news, talk with others, or sit with someone and allow them to affect your thoughts (seeds) and hey presto ... the seeds are planted.

One of the simplest examples of this reality is when you say to yourself, 'Don't forget, don't forget ...' and what do you do? Forget ... why, because the seed you planted was the central theme of your sentence. Instead, your central theme could have been to 'remember'.

Here's a suggestion for how you can create a RICH MIND ... there are the five (5) steps to doing this in your life ...

Firstly, you've got to expand your picture (**Idealisation**) ... Some people call this your vision, goals, or dreams ... I was once taught a simple saying that might help, 'Nothing if not first a dream' ... So, dream bigger ... create a new idea of your life ... think of your life as an AND, not an OR. A life where you can be this AND that, not just this or that ... a life where you can do A AND B, not just a or b ... a life where you can live your dreams, not just some little bits of them ... Once you've created a new picture, a massive new picture ... it's time to plant the seeds ...

Secondly, make a list of the things you are grateful and thankful for in your life to date.

Next, and most importantly, invest 20 minutes by yourself every single morning (or twice a day) visualising your new reality (**Visualisation**). Simply close your eyes and focus on everything you've pictured in your new reality. Plant all the new seeds every morning ...

Then, create a dream chart ... gather lots of magazines and search for words and pictures of your new reality ... cut them out for several hours and then glue everything to a big sheet of card. Put this somewhere where you'll see it every-morning.

Fourthly, create a list of affirmations about yourself and how you want to be (**Verbalisation**), starting with 'I AM', 'I HAVE', 'I CHOOSE', 'I WILL' ... things like, I am a leader, I am rich, I am always positive, I have all I need to succeed, I choose to achieve my goals etc. State these affirmations in the positive and present tense out loud every single day. Paste them on-your-mirror!

Remember two things while you're doing all this ...

1) You are creating a new YOU ... you're becoming someone different, and when you are someone different you will do things differently ... You can only do what you are ... so change who you are. And, 2) your subconscious mind cannot determine the difference between dreams and reality. So feed it dreams often.

Do these steps, create a bigger picture and then use these techniques to impress this picture on your subconscious and step 5 will take care of itself ...

Step 5 (**Materialisation**) is to patiently watch everything materialise in front of you. As you change who you are, you'll change what you do and thus you'll change what you have. Your new reality will unfold right before you eyes ...

Start planting the seeds of wealth right now by completing as much of the following form as you can! (and keep adding to it over time).

Dream Builder

These are the life dreams of _____ as
chosen this _____ of _____ in the year _____

The Action Dream Builder Process ...

1. Idealisation. Complete these pages making sure you describe your most ideal life. Shoot for the stars and at the very least you'll hit the moon.

HAVE ... here we'll explore the physical things, toys or should I say, 'stuff' you want to have.

Houses ... how many ... where ... worth ... each one no of beds/baths/other rooms, views, outside, fixtures and fittings.

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Cars ... make, model, year, colour, rego plate, interior type and colour.

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Boats ... make, model, feet, colour, interior, no of berths, names, year, Jetski.....

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Planes ... make, model, year, interior fit-out, range, pilot's names, jet/prop, base airport, name.....

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Helicopters ... make, model, year, fit-out, range, name, home base.....

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Bikes ... push, motor, road, dirt, rego plates, colour.....

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Jewellery ... his/hers, watches (make, model, metal/colour stones), necklaces (metal/colour, stones, weight), rings (metal/colour, stones, weight), bracelets and bangles (metal/colour, stones, weight).

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Furniture ... make, model, colour, type, colour, age, antiques, modern, designer, brands.....

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Electronic Stuff Stereos, DVD's, VCR's, Computers, Games, telescopes, Kitchen, cameras, toys, phones, tools, motorised tools, garden tools, appliances, TV's, cinemas.....

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Art ... paintings, sculptures, photographs, memorabilia, prints, waterscapes.....

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Pets ... dogs, cats, birds, guard dogs, fish.

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Clothes ... brands, shops you are well known in.....
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Library ... subjects, no of books.....
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Investments ... self-managed super fund.....
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Properties ... residential, no of and bed/bath, suburbs/areas, wealth wheels, blocks of units, monthly passive, total value per year.....
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Shares ... options, warrants, futures, equities, managed funds, blue chips, tech/biotech, mining, retail, transport.....
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Cash ... bank accounts in which countries, how much cash in each?

Businesses ... how many, turnover/profits, no of employees, no of offices/stores, industries.
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DO ... now we can get a little more adventurous; let's look at the things you want to do, the places you want to go and the experiences you want to have in your life.

Major achievements ... business, family, investing, sports/hobbies

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Awards ... which ones, from whom, what for?

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Donations ... time/money, which charities, functions, amounts?

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Kids money ... how much, when, what rules?

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Sporting/special events ... which ones, where and when?

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Holidays ... where, how many weeks per year, what class of travel?

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Hobbies ... what, how often, at what level?

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Nature ... where, what, how often?

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Health ... diet, vitamins.
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Fitness ... what exercise, where, how long?
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Seminars ... how many a year ... what subjects?
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Restaurants ... where, how often, which ones?
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Shows ... which ones, where, how often?
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Fun Times ... friends.
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BEING ... here's where you really have to start to think about who it is you want to be, how you want people to remember you, and most importantly ... what's important to you.

Spiritual ... meditation, church.

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Emotions ... which top ten to feel daily, I just am.

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Friendship ... who, how many, what level?

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Family ... what do you want to them to feel, how do you want the relationships to be?

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New Identities ... who do you choose to be?

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Roles ... what are your roles, daily, weekly, monthly?

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Values ... and rules.

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2. Gratitude

Make a list of the things you are grateful for in our life. How can you expect to receive more if you are not grateful and thankful for what you have already received.

THINGS I AM GRATEFUL FOR IN MY LIFE

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20

3. Visualisation. Invest 10 minutes each morning and 10 in the evening with your eyes closed visualising everything you have written about, dreamt about and thought about in your mind as if it's already real. **View it with you in the picture.**

Also, buy a large pile of magazines, several large sheets of card, scissors and glue and cut out words, pictures, events, places and things that form your dreams. Then create a large collage of your dreams. This is what we call a **Dream Chart**.

You need to look at this every day.

4. Verbalisation (Affirmations). Make a list of (at least) 20 "I AM" "I Have", "I Will" "I Choose" statements about your future self. Describe traits you want to build on, or more specifically, those you will need to become the person you need to become in order to do the things you need to do, so that you can have and experience all you dream of. Say these out aloud every single day, **at least twice**, with as much passion, volume and desire that you possibly can.

1. I am always positive
2. I am a successful person
3. I will achieve success
4. I have what it takes
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.
16.
17.
18.
19.
20.

5. Materialisation. Choose every day that all you dream of will be yours and when you believe it, you will see it. Use the words:

**“I now choose to achieve my Vision, Goals,
Dreams and aspirations as listed here ...”**