

## Visualizing Your Rise to the Top

The saying that "you can do whatever you can put your mind to," is true. If you have read the success stories of countless men and women's rise to the top, you would note that there is a lot of dreaming involved. Some took dreaming to a higher level. When Eva Longoria did not win the title crown in her first attempt at a beauty pageant, she set her mind to winning it the next year by working her hardest to immerse herself in being the Miss Corpus Christi. She lived and breathed getting the crown by watching videos over and over and immersing herself and basically focusing on being the queen that she knew she had to be.

She had what we need to have to reach our own crowns: tenacity, focus, and the will to visualize.

Visualizing your way to success needs commitment and focus. You have to want your goal so bad that you are willing to do everything it takes to get there. You have to do what Eva Longoria did: live and breathe your goal.

But first, be very clear about your goal. Believe in it, commit to seeing it through to the moment you attain it and beyond. And then you can start visualizing.

We have heard of overweight people who would post pictures on their refrigerator pictures of the people they would want to look like. And that is a good start. Surround yourself with pictures of what you want to be, or what you want to attain; that way you would see your goal with crystal clarity.

Next is, you should start waking up with your goal in mind. You may want to think of it just a few moments in a day, or you can constantly think about it. Do not allow yourself to believe that your dreams are too far to reach. Just keep yourself focused on the goal, and nothing else. If you do flounder, pick yourself back up, and go back to focusing on your goal.

Next is, line up your options in attaining that goal. Choose the best path for you, no matter how easy or hard, as long as you're comfortable with it and would stick with it. If something happens that you get frustrated with that path, strike out on the other options. Keep trying until you see your path opening up, and you see yourself progressing towards your goal.

It is not enough to do all these unless you arm yourself with knowledge. If there is something that keeps people frustrated and drifting, it will be the lack of knowledge. Learn everything there is to learn about your goal. And use this knowledge to progress on your path.

Keep on dreaming, while making the concrete steps. Seize every opportunity leading yourself to your goals, and when setbacks come, pick yourself up and walk on. Remember that you are only a failure when you succumb to the temptation to quit.

Remember that no mountain is too steep to climb. We just have to put one foot in front of the other. A 30-inch pizza is finished off one bite, one slice at a time. Surely, no goal would be too impossible. Just live, breathe, and eventually attain, your dreams.

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### About the Author

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