

# *Purpose of the Book*

I knew there was something else I wanted to do.

I could sense it.

I could feel it.

I could *taste* it.

Unfortunately, I didn't believe it.

I *couldn't* believe it.

I spent 15 years not believing I could do more.

Not believing I was capable.

Not believing I'd be given an opportunity.

Not believing I deserved it.

I was wrong.

Through misguided beliefs and low expectations, I inadvertently sabotaged my own success.

From my speaking engagements, I know there are many others doing the same thing. I speak to both adult and youth groups, and whenever I conduct one of my programs on taking risks or setting and achieving goals, I ask them all to share one of their dreams with one or two of their fellow attendees. I then ask for volunteers to share their dreams with the entire group. A very interesting phenomenon invariably occurs at this point.

When I ask youth group attendees who has a dream, not only is every hand in the room raised, but they all nearly jump out of their seats in an effort to get me to call upon them to share their dreams with the entire group. One little boy of about 5 years old (the brother of an award recipient at a banquet at which I was speaking) raised his hand. When I brought the microphone to him, he said, "Um, um, um... I want to go to college!" He was the cutest thing you ever saw as he proudly proclaimed the dream he had to struggle to think up on the spot! Even though he didn't have a dream ready when the question was asked, he instinctively knew that it was so important to have a dream that he just had to be called upon and he would think of one!

On the other hand, whenever I do this exercise with adults and ask them the question: "How many people have a dream?", 40% - 50% of the group do not even raise their hand. Furthermore, when I ask who will actually *share* their dreams with the group, the percentage drops to about 25% - or less!

Something has happened to us along the way from childhood to adulthood. Many of us have lost the ability to dream at all; most of the rest of us who do dare to dream, don't dare to share our dreams with anyone else.

The purpose of this book is to help us realize what's happened to us on our journey from childhood to adulthood. Once we uncover the myths that cause us to stop dreaming (or to share our dreams with others), as well as recognize and eliminate the mindsets and excuses we all use to sabotage our dreams, we can eliminate the barriers to our success.

I don't know how long it's been since you've dared to dream. Please take my advice: don't wait 15 years for your success, as I did... and if it's already been 15 years or more, your time has come.

I hope this book helps you move from sensing it, feeling it, and tasting it to believing it – and finally, to doing it.