

# The Art of Mental Training

## Chapter 18

### Your Dream

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At certain times in my life I've looked around and found myself having (temporarily) achieved my goals. Looking back on all the hardships, the obstacles, the challenges, and even some of the negative people who'd done their best to try to keep me down, somehow I still did what I intended to do, and got myself where I wanted to be.

So, what is it that drives us to try again and again, to keep going, to keep taking just one more step even when nothing seems to be working for us?

A dream, that's what.

Think about it. Without a dream, without a vision, how can you know where you hope to get? Without a dream one is only drifting.

So, what's your dream? If it's important to you, then it's worth chasing. Any champion will tell you that a big part of life involves reaching for your dreams. It's what helps you move forward.

Remember what Walt Disney called *Imagineering*? Use it, as you set out to create your vision. Let imagineering help you build the confidence that you can get to your dream; allow yourself to be moved by the power of your dreams. Never let anyone or anything shove you off track or break you down once you've set your course towards achieving something.

A friend of mine dreamed of becoming a lawyer. Despite the fact that nobody in his entire extended family had even been to college before, his immediate goal was to get to the University of Chicago. And, once he was there, his immediate goal was to graduate top of his class. Once he'd done that, he adjusted his dream again: to passing the Illinois bar exam. And once he'd done that, to becoming one of Chicago's top lawyers. Even once he'd succeeded in that goal, he wasn't finished dreaming. He then dreamed that he could, through the position he'd worked so hard all his life to attain, make life better for the underprivileged kids in the area where he'd grown up. That's what I call positive dreaming.

So where do you see yourself next? What's your vision of your future? One thing's for sure, if you ever hope to achieve it, you need to see it and feel it, vividly, in your mind's eye, and not just occasionally. Learn to often reinforce your vision of where you hope to be in a few years time—and then work towards achieving it.

It's not only dreaming, of course, but believing and taking action also. You've got to take specific steps to get you where you want to be. Soon you'll learn some simple goal setting ideas that can help you transform your dreams into reality. They're the same ideas that many top performers use in order to help them make steady progress, but for now, I want you to get a clear vision of what it is that you want to achieve for yourself.

Think about what you want to become, how you want things to be. For a little while, you need to do some *Imagineering*. Close your eyes and see yourself and everything around you the way you want it to be. Imagine it; feel it; see it clearly; see it vividly. Let your spirit soar.

**Decide. What's your dream? Figure it out. That's your assignment.**