

Work is a Prison, Society is the Warden, and You're Locked Up...

How to Break Free from Your Psychological Shackles

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It's Probably Not a Coincidence You're Reading This Special Report...

I banged out this special report instead of enjoying the most recent holiday weekend. I don't know exactly where it came from, or why I needed to write it ASAP. But I figured that this sense of urgency meant that someone needed to read it right now.

They say when the student is ready, the teacher will appear. So maybe someone needs to hear these words right now. Maybe there is someone out there standing at a crossroads, trying to decide what to do. Or perhaps there's a struggling marketer, or writer, or artist who just needs to know that the Universe wants to help.

Maybe that person is you.

If you just scoffed at the notion that I wrote this report especially for you, then for sure I want you to save this report some place safe on your computer. Better yet, print out a copy. Even if this doesn't seem particular useful to you, there's a reason you're reading it. You may not know the reason today or next month, but it will become clear sooner or later.

Is This Report Free?

Not exactly.

You see, I didn't ask for money up front for this report. I want to earn your trust first. I want you to see the value of this report before you purchase it.

Sure, if you aren't satisfied then you don't owe a cent ... fair enough? HOWEVER, if you enjoy and/or learn something, then I would be extremely appreciative if you would make a donation to support this and future reports.

So here's what I'm requesting from you: if you enjoy this report, please visit my contributor's page and make a donation to support this project and myself (Rebecca Hagel). Take a moment now and visit:

<http://www.thebeginnersguide.net/marketing/donate.html>

(you'll also get to read the true story behind me asking for donations for this report)

Also, I'm going to start building a "Contributor's Corner," and I'd like to see your name, your website link, and maybe even a short bio listed. Free publicity for you as my way of saying thank you for your donation.

Thank you for your support!

Kind Regards,

Rebecca Hagel

And now on to the report...

Work is a Prison, Society is the Warden, and You're Locked Up... ***How to Break Free from Your Psychological Shackles***

Why do you get up in the morning?

Go ahead, answer. Then ask your friends. Inevitably many people's first answer is "to go to work."

Work.

What a depressing catch-all term. Most people use the term work or job instead of a better descriptor of what they're doing.

For example, the average electronics sales person probably calls it "work." Maybe she'll even go so far, when pressed, to say she sells TV's. But chances are, she won't tell you she gets up in the morning so that she can spend her day bringing joy and entertainment into other people's lives.

Of course to assume that she calls it work also assumes she's average, ordinary. But it's also this attitude that separates her from the extraordinary person.

You see, as long as you look at yourself as going to "work" or going to your "job" versus describing the end result of that job, you too will be ordinary. You'll make an ordinary amount of money, live in an ordinary house, drive an ordinary car, and get an ordinary amount of respect from your friends and family.

Ordinary. Common. Average. Dull.

But deep down you know those words don't describe you. You're not ordinary or common or average or dull.

You're different. Or at least you want to be different, and you know you CAN be different.

If only you could break away from your work, and do what you WANT to do. If only.

But... but... but....

The excuses start to pour out of you... you've invested so much time in your job. You have health benefits. You went to college for something else. You're too old. Your family depends on you. You'd never make it. You're not smart enough. You don't have enough money. You don't have enough time.

Doing what you REALLY want is selfish. Making a lot of money with your passion is not only selfish, it's greedy as well.

Sound familiar? If so, society taught you well. After all, these ideas have been pounded into your head since you were just a wee one. Around the innocent age of just five years old you probably started telling people what you want to do: draw, dance, sing...

The elders smiled, thinking your youth and optimism were cute traits. And maybe some of them even agreed that you would do well.

But the doubts crept in. Society stepped in.

"Responsible people work and contribute to society. Mature adults get jobs that will provide security for them and their families. Hell will freeze over and pigs will fly before you go chasing some silly dream that won't put food on the table."

The following is a true life example of how we are bombarded every day. This evening I was watching Anderson Cooper on CNN interview a nine year old girl who had won a contest and created a TV commercial as a result. Cooper asked her what she wanted to be when she when she grew up, to which the girl replied that she thought she wanted to be a doctor, but after this experience she thinks she'd like to be an actress.

Cooper's response?

“Uh oh, your mom's not going to be too happy about that!”

Ouch!

This little girl's enthusiasm for acting (quite possibly her passion if it's allowed to develop) was squelched by an adult who implied that a job in the medical profession is better for this little girl than acting...presumably because of the steady paycheck.

When you were young you were told these same sorts of things, and most likely had your dreams stomped on numerous times. Slowly, you began to believe what they were telling you. And you began to understand that:

- A “real” job is one that pays a steady paycheck and has benefits.
- Yes, responsible people get “real jobs,” and stick with them.
- You may not like your “real job.” In fact, you may hate it. That's ok.
- A “real job” is where you go to work for someone else.
- If you like doing something, it can't possibly pay the bills. Hard work pays the bills. Having fun is reserved for hobbies.
- Do not blur the line between hobbies and your job.

And this was just the beginning.

The older you got, and hence the closer you were to having to start a “real job,” the more pressured you felt. You were told to go to college – not as a liberating experience where you could explore different subjects and learn about yourself – but for the reason of preparing you to work for someone else.

If you did go to college, it may have felt a bit like you were on a conveyer belt in a factory. You started out as a freshman sampling a few different fields you could try, but the end result was pretty much similar for everyone... you were polished up, spit out in a suit, and told it's time to get a real job in the real world.

The employers out in the real world wanted to see your college degree. Sure, in a perfect world they would want to know about your degree as a measure of how much you know about the job that you were about to do. But deep down, the employers don't actually care.

Truth? Many employers are more interested in knowing if you can follow the rules and conform. Those who can conform make good, loyal employees. Those who feel restless, those who ask questions, and those who would rather pull off their fingernails than conform make bad employees.

“Bad employees” ask too many questions and think too much. Bad employees might wake up one day and ask,

“Why am I making my boss RICH instead of making MYSELF rich?”

Hence bad employees need to be squelched, cut off at the pass, fired, or preferably never hired. Bad employees will then end up being viewed as “drifters” by society, bums who can’t hold down a job, unmotivated...

If you’ve read this far, I hope you have the makings of a bad employee. Or at the very least, I hope you’re a “bad employee” who’s put on the front of being a good employee.

You see, “bad employees” (at least by the rough definition we’ve used so far) make great entrepreneurs.

“Bad employees” are restless spirits who feel there is something better they could be doing than punching a time clock. Job security is not as important as freedom and happiness. Defined “jobs” aren’t challenging enough for the “bad employee’s” creativity and sense of adventure. “Real jobs” make “bad employees” feel empty in a spiritual way, unfulfilled, unhappy.

See where I’m going with this?

Now here’s the thing...

“Bad employees” have the potential to become extraordinary people who do extraordinary things.

Does this appeal to you? Would you like to be EXTRAORDINARY? Would you like to break out of the work prison that Society has locked you up in? Then read on...

You ARE Extraordinary...

The problem with breaking out of this prison is it's often hard to live on the "outside" after you've become so accustomed to prison life. You KNOW you want to quit your job and work for yourself, but you have fears and doubts.

Your prison is mostly psychological, and Society is its Warden.

All this time you've been psychological enslaved, trained to be a good member of society who produces for someone else, a good worker who makes others rich.

Any thoughts you've entertained about being the "boss" and having your own business are usually shot down by the Warden. *"You're a greedy, self-centered person. Money is evil. Working for yourself won't work. And besides, you're not smart enough, young enough, etc..."*

This is all hogwash of course. But you see, the Warden can't willy nilly let everyone think these sorts of independent thoughts. Heaven forbid if we should let everyone believe they can start and run their own business.

Chaos would erupt. There would be looting and fires...

Well perhaps that's an exaggeration. But the Warden fears a society with all bosses and no employees. Of course that will never happen. Only extraordinary people like yourself – perhaps a mere 20% of the population – have the desire to do something greater. The rest of the population is content to stay where they are.

Thank goodness. But still, the Warden is worried. The Warden will engage in psychological warfare to try to hold you in it's grip...

Now consider this for a moment...

Let's suppose that you and four of your friends ordered an extra large pizza. When it arrives, there are ten steaming, delicious-looking slices. Common sense would suggest that each of you would take exactly two slices. In fact, this is assumed because this is what you usually do.

But this isn't an ordinary day.

Imagine if you told your friends that you were going to take eight slices of this pizza, and that the four of them would share the remaining two slices.

They'd laugh you right out of the room, wouldn't they?

Probably.

And yet this scenario is happening on a much grander scale every day in the world, and ordinary people nod and accept it as "the way it works." Yes, it's the 20-80 rule you've heard before – just 20% of the people will get 80% of the wealth and other good things in life.

For many decades, experts have suggested that if you took all the wealth in the world and divided it up equally, it's just a matter of time before 80% of the wealth would migrate back to 20% of the people.

Indeed, it seems like it's a Universal law.

Ordinary people accept this law. They accept their positions in society. They accept their real jobs. But this acceptance doesn't mean they're happy about their situation.

So to make themselves feel happier about their situation, ordinary people attach negative characteristics to those who are in the elite 20% who own the wealth. This is where the words ...

greedy, selfish, evil, "high falutin'," "show off," braggart, blowhard

...and other similarly negative words come from – ordinary people who need to feel better about the fact that they don't share in this wealth that they secretly desire (and are perhaps envious about).

Jealousy. Resentment...

...Seething, oozing feelings of green that aren't a good color on anyone.

Some folks stuff these feelings down. Others let them boil the surface and become angry with the extraordinary people who've escaped the psychological prison.

Why do they become so angry? Well as already implied, it could be jealousy. But something else that factors in is that some people feel that there is a limited amount of wealth in the world. And if there's a limited amount, and they're sharing 20% of it with 80% of the population, that MUST mean that the elite 20% is taking more than their fair share.

This is simply untrue.

The wealth may shift and fluctuate at times, and perhaps traded for different forms of wealth. For example, a millionaire may purchase an expensive painting, thereby trading

her monetary wealth for a sort of artistic wealth. The wealth shifted. The painter received monetary wealth in exchange for artistic wealth.

A second example: you get a massage, exchanging monetary wealth for “health and well-being” wealth.

In both examples, it’s a “win-win” situation. Each party received something of value. Each person helped the other person.

This is the first thing to remember:

Most legitimate wealth is not a measure of how greedy a person is, but rather it is a measure of what good the person has done for the world and it’s citizens.

In fact, the wealthiest people are those who ask “what can I do to make X person’s life better?”

The poorest people are those who ask “how can I make money?” To make it even worse, they concentrate on why they need money – debts piling up, living paycheck to paycheck, a poor paying job, or no job at all. In other words, they are focusing on their poverty.

Whatever you focus on expands. Focus on poverty, and you’ll be poverty-stricken in no time. Shift your focus to wealth, and the Universe will shift too.

The attitude is important. If you are in business, concentrate on your customers needs and desires, and the money WILL follow.

Take a look at Bill Gates. He's extremely rich. But his wealth is also a direct measure of what he's done in this world. Without much of his innovation, one wonders if you would be reading this e-report on your computer right now.

Do you think the money you paid for your computer (PC or not) was a fair trade? Probably, right? I feel that my computer, software and Internet connection are so valuable that I would have paid many times what they actually cost. Indeed, I feel like the person who sold me this computer really got the short end of the stick, because I value it so much.

So what if Bill Gates got a piece of the action on the sale of the software? What if my purchase helped make him rich?

Does that make him greedy or selfish or evil or bad?

Of course not! We just traded wealth – I gave him some of my monetary wealth in exchange for a “wealthy” work environment that saves me time and money.

Once again, you can see that this exchange was an equal trade.

This brings me to my second point: just because one person suddenly becomes wealthy doesn't mean that someone in the world suddenly became less wealthy. In truth, it probably means there is more wealth exchange occurring, that's all.

One reason that ordinary people may resent wealthy people is because they feel the wealthy have somehow taken away from the less fortunate in order to gain their wealth. Again, this is simply not true. Let me explain with an illustration...

Previously I told you that 20% of the people control 80% of the wealth in this world. Or to return to the concrete example, we talked about how one person eats eight slices of a pizza while four people share the remaining two.

Percentages and fractions certainly make it sound like there's a cap on the amount of wealth. But it's fluid. Sometimes wealth isn't measurable. And above all,

...the Universe is abundant.

You see, the solid number that is most static is that 80% of the people will never aspire to grab a greater share of the wealth. However, you can think of wealth as an infinite balloon – it expands as needed.

So what if another person joined the pizza party we talked about before? Ordinary people would assume that now there are six people who have to share this same pizza.

Extraordinary people – those who can think big and aren't afraid to be in that elite 20% -- simply order more pizza.

Now there's more wealth to share!

And this is what the Universe does. For each person who DARES to join the ranks of the elite 20%, the Universe creates more wealth. This is why you are not greedy or selfish if you want to become rich, and this is why money is not evil. When you become rich, you are not "stealing" from anyone else. You are not even "sharing" anyone else's piece of the pie.

The Universe expands, creates more wealth, and invites you into the elite 20% with open arms. The Universe truly is generous and abundant.

Accepting the Universe's Invitation: *Easier Said than Done?*

Hopefully by this time you are beginning to see why it's not bad to desire abundance in any form. Even the desire to be "filthy rich" is not bad. The misperception that wealth is bad was perpetrated by people who are jealous, or by those who do not understand the ever-expanding "balloon like" qualities of the abundant Universe.

If you truly examine your thoughts about wealth, you'll see that many of them are negative thoughts about money and those who hold the wealth. You need to reprogram those thoughts. Now is the time to not only realize but fully accept that wealth is a blessing, not a curse. Wealth is a measure of the good you've done in the world, not the evil.

Wealth is not bad, and you are not a bad person for wanting it.

Sure, money may not buy happiness, but the things you do to acquire the wealth can make you incredibly happy. And the things you do with your wealth can make you – and others – very happy (e.g., donating to charity, buying your mother a car, helping a friend or even stranger in need).

For example, let's suppose you always wanted to be a singer. You've had daydreams and fantasies of yourself on stage, performing in front of hundreds of thousands of people. In your fantasies you're famous and very wealthy.

So how did you acquire this wealth? By making other people happy. When you look out from the stage at yet another sold-out concert, all you see are thousands of happy people singing along with your songs. When you check your fan mail, you read thousands of letters from people who say your music has made an impact on their lives.

Does this make you happy? Of course it does! You are doing what you want, living out your fantasies, and feeling tremendously satisfied because you've made others so happy.

In exchange for this happiness and emotion you've created in others with your music ("emotional abundance," if you will), you've received not only emotional abundance back (the smiling faces and fan letters), you've also received money. That's right, cold, hard cash.

From a financial standpoint, you're wealthy.

From an emotional standpoint, you're happy.

Now here's the point where the ordinary people step in to try to knock you down. "*If you love singing soooo much, and since you already have soooo much money,*" they say as they turn an ugly shade of green, "*why don't you do it out of the goodness of your heart?*"

In other words, these folks ask "why don't you sing for free?"

This is the misperception that Society's Prison Warden has pounded in our heads. Work cannot be fun. You cannot be paid for fun. If you like it, then do it for free.

And worse yet... if you ask for money, then obviously you have an ulterior motive. *You're just in it for yourself. You're greedy and selfish (>sigh< there are those words again). You can't possibly have your fans' / clients' / customers' best interest in mind when you ask for money in exchange for goods or services.*

These are all myths created by the jealous, ordinary people, and reinforced by society. These notions are extremely damaging to anyone contemplating breaking out of the psychological prison.

While on the one hand the ultimate fantasy is to get paid to do something you view as pure play, it feels...well... WRONG to actually try to live out that fantasy. And why does it feel wrong? Because of the negative attitudes of the ordinary and the jealous. Is it actually wrong? Of course not!

Why be poor and happy when you can be rich and happy?

What IS wrong is being told you should share your gifts for free. While it's more than fine to share your gifts selectively, you cannot always share them with others free of charge. To do so is devaluing you as a person, and it's a slap in the face to the Universe.

If the Universe gifts you the ways and means to write, then write...and charge accordingly for this gift. You see, as much as we all love being supported by the Universe when we are following our true paths, we also have to take into consideration the fact that it's a give and take situation.

Sure, the Universe opens doors and rewards us with abundance, hence supporting us. But we also support the Universe when we follow our true path. This is why I said it's a slap in the face – no...

...it's like giving the Universe the finger!

...if you don't accept your gift and use it to its full potential.

Now consider everything we've discussed so far, and you'll see why you support the Universe as much as it supports you. Recall how we defined wealth as a measure of the good you've done in the world. See? The Universe supports you monetarily so that you can support the Universe.

I admit that in my own life I've struggled with this concept. I didn't quite understand that my work supports the Universe. I thought it as a one way street, in that the Universe was supporting me. This felt selfish, and it fed into the negative lines the ordinary people were feeding me.

But when I discovered (and accepted) that I needed to support the Universe, things changed. It's support for ME increased tenfold.

Once I got over this mental stumbling block, I was able to make more money in ONE DAY then I used to be able to make all month!

I understood the balance, the give and take. I understood finally that the saying "it's better to give than receive" took on a whole other level of understanding.

I confess: sometimes I still struggle. It's hard undoing years of negative programming. But finding one's true path is a journey, not something you accomplish over night.

Perhaps you've heard about millionaires who've come to the conclusion that it's extremely important for you to give to others. They suggest giving your money, time, etc. Some folks put specific labels on it, like tithing or "giving to charity," or "giving back to the community."

When you think about it, all of these are just smaller parts of the grander picture – you are supporting the Universe. Your real work supports the Universe. The indirect results of your real work (e.g., the money you receive) supports the Universe. And in a beautiful cycle, the Universe throws open even more doors for you.

So what separates you from the Ordinary people?

The difference between the ordinary and extraordinary (like yourself) is your willingness to fully accept and realize the gifts given to you, and to follow your true path.

It can be scary as hell.

It may feel like a huge responsibility – you’ve been given this fantastic gift, and you’re supposed to use it. And of course as already discussed, the ordinary, jealous, and most likely scared-speechless majority of the people will do their best to hold you down at their level.

If this was easy, everyone would do it. That’s what makes you extraordinary.

Becoming extraordinary means having a dose of self-confidence, because you’re going to have to believe in yourself and follow your intuition. You’ll need a good dash of self-esteem, because others will try to rip you down and hold you back. And you’ll need to have a little faith in the Universe, so that when you see a door open you realize it’s synchronicity at work and not just some wild coincidence.

But the biggest skill you need to acquire is the ability to relax.

People tend to waste a lot of time fighting against what feels natural, because it seems “too easy.”

For example, there are writers who’ll tell you of meeting publishers at parties, but they get scared and don’t take the next step of following up -- a move that could skyrocket their

career. The writer who relaxes and walks through the doors the Universe opens will have an easier time in life. The scared writer, or the one being held back by the Warden, won't walk through that door out of fear. *It's too easy. There's a catch. Something's wrong. This will never work.*

And so they struggle...against themselves, against the Universe.

If you can just relax and listen to that little voice – your intuition – and keep your eyes out for opening doors, things will be easy, and fun. In theory we'd all like to have an easy time in life, and have fun with our work. But as mentioned before, somewhere along the way we've been taught that work and fun don't mix.

Relax. Sure, relax. Easier said than done, right?

Perhaps overwhelming is a better word. Let's break it up so it doesn't seem so scary...

How to Break Out of Your Psychological Shackles

Now that you understand some of the reasons you and so many people are trapped, it's time to break free. Below I've given an overview of the process.

Please note that this is an overview, and not a complete treatment of the process. Indeed, many, many books have been written on the topic. "The Artist's Way" by Julia Cameron is one of my favorite treatments, as it is actually a 12 week course. I've also presented some of these ideas in my book "How to Unlock Your Potential to Succeed."

Step 1: Fully commit to breaking out of your psychological prison.

Write down WHY you want to do it. For example, perhaps you are tired of making someone else rich, so you'd like to own your own business. Perhaps you'd like to turn your hobby into a business so you can spend your days getting paid to "play."

Perhaps you just know there's something bigger and better waiting for you if you have the courage to take that first step.

Write as many reasons down as possible. Describe how you FEEL currently – perhaps trapped? Describe how you think you will feel once you are finally free. You may refer to these reasons, so keep them close.

Step 2: Clearly define what you are up against.

Since this is a psychological prison, you already know you are going to buck against your own thoughts, as well as others' thoughts.

Listen carefully. When you think about working for yourself, doing what you really love, you'll hear a negative voice oppose you.

Squash that negative voice like it's the biggest, nastiest, most deadly bug you've ever encountered.

After you've squashed it, replace the negative thought with a positive one.

For example, let's suppose your negative voice crept up on you and said, "you'll always be poor, so why bother?"

First, recognize it. Second, squash it. Third, replace it with something like "I am wealthy and the Universe supports me." Then say it again. And again. And again...every day.

Why should you repeat it so often? Because you need to cancel out the negative voice. You've probably heard the negative voice for years, both from your own mind as well as out of the mouths of other people. If you hear it enough, you'll believe it.

Consider this for a moment: let's suppose that four or five of your friends told you tomorrow morning that you don't look well. They ask you if you're feeling all right, and then inform you that you're pale, you look sick, you must feel awful, etc.

What would happen?

Yes, you guessed it – you probably would start to feel ill. If enough people tell you you're sick, you'll believe it.

Likewise, if you hear that negative voice telling you ugly things about yourself repeatedly, you'll believe it. Fortunately, if you squash the nastiness and start telling yourself good things, you'll believe them, too.

So what do you want? Whatever it is, pretend like you've already achieved it, and tell yourself about it in the present tense. For example,

"I am wealthy!"

...or "I'm a famous author." When your subconscious mind begins to believe it, it'll do its best to make sure your inner state matches your environment.

Step 3: Start living in the future, not the past.

Time is extremely fluid. It's extremely difficult to psychologically live in the present, because it changes so quickly. The second or two you take to read the beginning of this sentence are part of history by the time you reach this last word.

The "present" only exists from moment to moment, mere fractions of seconds, and is gone...time marches on, as they say. So this leaves you with a choice – do you want to concentrate on the past, or do you want to live in the future?

Let me give you a hint: concentrating on the future gives you a much better chance of success. Dwelling on the past is a waste of time. Sure, learn from your mistakes. Yes, bask in your glories.

But if you want to move into the future – into a better life – you are going to have to let go of the past.

I did not realize how much this impacts people until I became friends with a few people who live in the past. As I became acquainted with these people, they mainly told me who they USED to be. They basked in their glories from ten or twenty years ago. They in fact defined themselves in the present by who they used to be years ago.

But sadly, while their stories of who they used to be were plentiful, they never told me what they wanted to become. Now years later I've moved ahead in life, and they've stagnated, still comforted by the memories of what they used to do. They are the classic Al Bundy's (from the TV sitcom Married With Children) – stagnant, going nowhere, reliving the past to try to bring back happier times.

On the other hand, those I've met who enjoy telling me about their hopes, dreams, and ambitions are moving ahead. Perhaps they have yet to achieve their goals, but they are definitely on the path. They leave the past behind them – picking out the useful info they've learned from both their achievements and their mistakes, but not dwelling on either because the past cannot be brought back.

Plus (and here's the important part), no matter how good their lives were in the past, they feel absolutely optimistic that the future will be even brighter. Hence they live for the future, rather than the past.

Step 4: Identify Your Fears

Identifying your fears is closely linked to Step Two (clearly defining what you're up against). The difference is that Step Two mainly dealt with listening to your negative voice and the negative voice of Society, whereas identifying your fears looks more at your behaviors.

Even if you don't consciously feel afraid with regards to following your true path and doing your real work, your mind and body will rebel against it in a major way. So your job is to take your unconscious fears and bring them to the surface so you can deal with them.

How do you recognize these fears? Look for anything that prevents you from moving forward. The most common indicators include procrastination and perfectionism.

Why procrastinate? Fear.

Fear of success, fear of failure, fear of seeing what happens if you just allow yourself to live your dream life.

You can't move forward fast if you procrastinate.

Same with perfectionism. The difference is that you can put a positive spin on the situation and tell yourself that you want your website, or your book, or your painting (etc) to be perfect before you release it to the world. But it will never be good enough. You will always find a reason to tweak it. And again, you'll never see what happens if you allow yourself to follow your true path.

If you are interested in a field that requires some study, such as marketing and business, then analysis paralysis is a common infliction. That is, you get so overwhelmed by the vast amount of information that you are paralyzed into inaction since you are confused.

There are of course other fears, other behaviors that will keep you from moving forward. However, 99.9% of the time the cure is easy: set a goal and take action.

That's right, take action. Today. *Right now.*

So what if it's not perfect? Send it out into the world and tweak it as you go. You will get ahead a lot faster (and most likely save money, too) if you get it out now and tweak as you go, rather than waiting for perfection (which as we know, you'll never reach anyway).

Scared and procrastinating, or perhaps feeling overwhelmed? FORCE yourself to do something, anything, related to your goal.

For example, if your goal is to write a novel, then start writing. Maybe you can't force the novel out of you. Doesn't matter. Just keep writing, rambling on the paper if nothing coherent comes, perhaps writing out the sentence "I am writing" over and over again if need be.

Eventually, it will come. Maybe not a novel. Maybe a short story or a poem or a great entry for your journal. But you will be writing, and working on the novel now requires a much smaller step.

As Nike says, "Just Do It." They were right. Taking action cures 99.9% of your fear.

You'll find that doing your real work, following your path, isn't as scary as you thought it would be.

Sure, sometimes you will inexplicably get scared again. Maybe you are freezing up because you realize how close you are to living your dream, so you stall, afraid to finish whatever project you're working on. Maybe you find a way to make excuses, or you find another project to work on instead...but it's just a stall tactic. Or maybe it's just the old fears coming up, causing you to stumble.

The cure? Yes, you guessed it: taking action.

But first, feel free to examine your fear. Why are you scared? Why are you stalling? Uncover your fear and deal with it head on. Be your own psychologist, and explain to yourself why your fear shouldn't hold you back. Replace negative thoughts with positive ones. Reaffirm your commitment and re-read your goals. Then forge ahead and take action.

Fears disintegrate into ashes when you call them out, set them directly in front of you, laugh in their face, and squash them with forward motion.

As your fears disintegrate, so do your psychological shackles.

Step 5: Practice living your dream life.

Practice is closely related to taking action, but it goes far beyond it. Practice is both a physical and mental exercise.

Let's use the example again that you want to write a book. You'll find that the more you write, the easier it is to keep writing. When you stop, you get rusty. When you stop, you give your fears and negative voice time to step in and say,

"Hey, whaddya doing?"

"You're not a writer!"

"Stop kidding yourself and go back to your day job."

So yes, practicing keeps you too busy to listen to or worry about that negative voice.

Second, practice is good for your craft. If you've been avoiding living your dream life, your first attempts may be a little unsteady. Your poetry sucks, your novel stinks, your short stories look like the work of a five year old. That's ok. You won't be perfect the first time, and you certainly won't be perfect every time. But practicing will make you a heckuva lot better.

Third, every moment you spend practicing is a moment spent molding your subconscious, allowing it to see that you are living your dream life. If you've always wanted to be a writer, and you spend your days writing, your subconscious mind will define you as a writer. When people ask you what you do, you can say "I write."

Every time you say it, it's reinforced. After a while, your negative voice simply cannot tell you that you can't write, because you are already doing it. The negative voice cannot tell you that you're not any good at what you're doing, because you know you keep getting better.

And of course the Society Prison Ward can't discourage you from doing it, because it's too late...you're already doing it.

You've busted out of prison, thrown away your shackles, and you're running free now. No looking back...this is your Independence Day!

Wealth Exchange

Newton's Third Law of Motion suggests that for every action, there is an opposite and equal reaction. I believe that there is a similar Universal Law that governs other energy sources, such as this special report. By putting this report out, I've created a type of energy. If you benefited from this energy, I would be greatly appreciative if you gifted me back.

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