

Come out Swinging
by Peggy McColl
<http://www.destinies.com>

My friend Phil's philosophy for public speaking is for a speaker to "come out swinging!". I met Phil many years ago when I was a member of Toastmasters International. Phil advises speakers to walk onto the stage already swinging - fully engaged in the role of a professional speaker with an enormous amount of positive energy.

I'm reminded of Phil because January is generally the time of year when most people set their goals and they, too, "come out swinging". A brand new year. A brand new opportunity to set some goals and to really go for it! The majority of new year's goal setters have a high level of commitment to their goals at the beginning of a new year. However, discouragement sets in and can sometimes, take over, and within a short period of time, the energy is drained. We, as habitual creatures, return to our same ole behaviors and get disillusioned -- maybe even before we truly give it the "ole college try".

What can we do to make 2004 a goal achieving year? What would really make the difference in seeing our goals manifest in our life this year vs. other years? The answer is in the following 3 words: ACT AS IF

If you are committed to your goals.....and you've written them down...and you know what you want, your next step is to "act as if" you already have your goal.

Shakespeare said it well: "All the world's a stage and all the men and women are merely players" (or actors/actresses).

Let's assume you have been given an assignment to portray the role of a person who has already achieved the goals you desire. What behaviors would that actor/actress be engaged in? What would this actor/actress be saying, doing, feeling, while acting in this role? You need to step into the role of the person who has already achieved the goals, fully connect to the emotions and "act as if" you are already at the destination (your goals, your wishes, your desires). Essentially you are in acting school. You can start to do this in a meditative state in order to get the "feeling" of goal achievement in your body.

When you "act as if" you already have achieved your goals, it is only a matter of time before those goals will show up. You are pure energy and, when you are focused on your goals, and acting as if you already have them, you are in an attraction vibration and the very thing you desire is being drawn to you. I urge you to do this. Every morning, invest 20 minutes, sit quietly in a meditative state, and really visualize yourself already in the possession of your goals, see it, feel it, and get it in your body. And, then, throughout

the day, as you walk around, carry it with you - feel what it feels like to have achieved the goal! This isn't complicated. As a matter of fact, it can be fun and it can be easy. It may not feel natural at first, but I guarantee you, after you practice this enough, you'll really start to feel the feelings.

Do it right now. Just think about what you really want - think of one thing - and start to imagine what that will feel like when you have it.

Our imagination is extremely powerful and we can literally go anywhere in our mind. No one has to even know you are doing it. You can do this any where and any time. If you are driving to work and you come to a red traffic light, start to imagine -- see yourself already in possession of the goods you desire, feel what it feels like, get excited about it. Feel the elation, feel the peace, feel the gratitude. Do this again, and again and again, until you really, truly "get it". Just like you've seen in the movies where they have TAKE after TAKE after TAKE. Keep doing it and when the goal does manifest itself for you, you'll already know precisely what it feels like.

Now you are in acting school - get ready to portray the role of your life and do it with joy!

Peggy McColl

Author of:

On Being...The Creator of Your Destiny

The 8 Proven Secrets to SMART Success

On Being a Dog with a Bone

<http://www.destinies.com>