

VivaNews™ -May 2008

A Jumping-Off Point™

Vision Check Part One

“Believe in you.”

– Nell Merlino, Co-Founder, President & CEO, Count Me In



Are you a woman who has wanted to finally take your vision for an enterprise out into the world – whether it's a business, a book, a private practice, a non-profit foundation, or a speaking career? And have you been feeling stuck...is your vision still on the mental drawing board?

As a psychotherapist and a coach, I've heard many women (and some men too) express that they have had an idea inside of them for years but that they have never been able to bring it from the desire state into reality.

Some women don't believe that what they have to offer is valuable, so they dismiss their vision or pretend it's not important. Others entertain the vision for a time but then give up and put it on the mental back burner where it nags at them at regular intervals. Others have assured themselves that they would start realizing their vision once "X" (the stated reason they couldn't do it now) was accomplished. There are those that have wanted to get started but were never sure how to proceed. And others have made attempts with varying degrees of success but have never realized their vision to it fullest potential and still long for more.

Usually what lays at the root of this are many self-limiting beliefs as well as anxieties. "Who do I think I am/What makes me think I could do that?", "People like me don't do that.", "I'm no (insert name of famous person who has made it)", "It's already been done", "What if no one thinks it's good?" (or some variation on looking foolish, being

embarrassed, or not being liked or accepted), “Even if I could, I wouldn’t even know where to start”.

The first place to always start is with your mindset....and the most fundamental part of mindset is belief:

- Belief in yourself and the value of the contribution that you are here to make.
- Belief that just by virtue of your having conceived an idea, you can realize it.

To paraphrase one of my mentors, David Neagle, why would God/Universe/Spirit give you a desire and then not let you find the means to manifest it? When you think about this – really think about this - it just doesn’t make sense. If God/Universe/Spirit did operate in this way, it would be like the gods in the Greek myths I loved to read when I was a girl. I always marveled at how ingenious (and downright capricious) the gods were in doling out their punishments and rewards. “You ticked me off so you get to roll a stone up a mountain only to have it roll down again, over and over...forever; but you I like, so you get to become a constellation”. Such was the understanding of the cosmos at that point in time. But sometimes we all think the same way – we walk around - for what seems like an eternity - with a desire or a longing and believe that only a chosen few are lucky enough to get their desire fulfilled. We think that maybe they found the secret, the magic formula...as if the ability to make it happen was not in our own hands.

You have to come to a place of knowing that if you desire something, you will surely attract the opportunities to make it happen. The next step is to pay attention to what they are and stop ignoring the signs. The caveat is that most of the time, as Neagle and Napoleon Hill have said, the opportunities will always require you to stretch. And you have to know that this will take you out of your comfort zone which will require letting go of fear and trusting in the process.

Napoleon Hill also said “Whatever the mind can conceive and believe, the mind can achieve regardless of how many times you have failed or how lofty your aims and hopes may be.” Hill went on to stress that your greatest gift as a human being is that you have the power to control your own mind...in fact, your mind is the ONLY thing over which you have complete control. You can direct it to accomplishing whatever you want to accomplish. Knowing that you can have this control ...that you are in the driver’s seat when it come to your thoughts...is very liberating.

Begin to believe in your vision. Allow in the opportunities that will make you stretch and grow and realize your vision. As David Neagle says “Just Believe”. And if you have the opportunity, watch this film clip of Napoleon Hill posted on You Tube. In it, he gives some wonderful clarity on the subject of belief and a formula for achieving your desire. Go to <http://www.youtube.com/watch?v=2hA-7aq6OXI>.

Belief in your vision is the jumping-off point for your growth and success.

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