

CREATE BOLDLY

Imagine paradise times four

One purpose of this chapter is to help you create your vision of paradise. Begin by creating enough goals so that you can honestly say, “If I achieved all these, I’d walk around for the rest of my life in ecstasy.”

But don’t stop there. Get in touch with even more desires. Create even more goals—twice as many—so that you have paradise times two. Then repeat the process again so that you end up with a vision of paradise times four.

There’s a reason for creating this boldly: We won’t get everything we want. When we determine in detail what we want, we often find that it doesn’t show up in our lives quite like we expected. We don’t get to control the universe. But we *do* get to create our vision of paradise—and then celebrate the results that actually take place.

So don’t just write down what you want—write down at least four times *more* than you think you want right now. Then if you only get one-fourth of what you want, you will still end up with paradise.

Open up possibilities

Sometimes people stop in the middle of a creative spurt to ask *Can I ever achieve this goal?* That question can sink us back into the status quo and stop us from painting a bold vision of the future. Too often we end up thinking *Who am I kidding anyway? There’s no way I can do this.* These are thoughts that erase dreams from the drawing board.

Many goals—from the invention of the airplane to the development of the computer chip—appeared ridiculous or unworkable when they were first proposed. These remarkable creations became realities because their creators kept lifting their eyes to the horizon and holding fast to a sense of possibility.



When determining what you want, *you* also can think big. You can write down any goal that comes to mind—even those that seem impossible to fulfill. You might discover ways to satisfy even the boldest, most “impractical” desires.

Acknowledge upset and keep determining what you want

If we don’t get something that we want, we might feel upset. And this upset can stop us from determining what else we want.

This could happen when your desires include a large goal for the human race, such as ending world hunger. If you take on this goal, you’ll soon discover that 35,000 people a day (18 million per year) die of hunger. Faced with that fact, you might feel miserable or deny your desire. Either choice does little to create the end of hunger.

A solution is to be in touch with your desire to end hunger, to know that it hasn’t ended, and to celebrate the gains that *have* been made in solving this problem. You can even find ways to be happy while working like mad to end hunger once and for all. Those ways can include all of the Success Strategies explained in this book.

Turn jealousy into goals

For most of us, jealousy is a judgment against someone who has something we do not—anything from a new car to a new career or a fulfilling relationship. This emotion often turns into self-judgment as well: We put ourselves down for failing to acquire what other people have.

Instead of suffering when you experience jealousy, you can be creative. Write down what’s missing from your life and develop action plans for getting it. Each time jealousy strikes, you can feel thankful rather than feeling a thorn in your side. Jealousy is just the universe’s way of reminding you that you have a goal.

Express goals in many media

While it’s common to express goals in writing, there are many other ways to keep a record of what you want. You might express your goals by drawing, painting, sculpting, writing a song, or making a video. You can also tell your plan to another person and tape-record the conversation. Any medium that gets you in touch with what you want in life will do nicely.





Imagine that time and money are no problem

One way to keep worries about money and time from cramping your creativity is to play with the following scenarios.

Scenario #1

Imagine that you've just won a lottery with a jackpot of \$5 million. You now have all the money needed to sustain yourself for a lifetime. You have a steady stream of income extending decades into the future—enough to support any career or activity you want.

Once you've created this mental picture, describe what you want to have, do, and be during the rest of your life. Do this writing for five minutes, recording as many goals as you can on a separate sheet of paper or on 3x5 cards.

Scenario #2

Pretend that a philanthropist will pay you \$500,000 per year plus benefits to do whatever you think will benefit your community most. What would you do? While writing, brainstorm as many answers to this question as you can.

Now imagine that a philanthropist will provide funds for you and 30 people you supervise to do something of value for the planet. You have a budget of \$1 billion and 125 years to accomplish your project. What would you do? Again, write your responses.