



Deberah Bringelson's
Quantum Success Academy

*Breaking Barriers
Creating Massive Success in the New Economy*

Day 2 – Define What You Really Want

Define What YOU REALLY Want

Do you know what you really want in your life? Really?

I can't believe the number of people who tell me that they are not living their dreams, **because they don't really know what it is that they want.**

Trust me, they're great at defining what they don't want. But, when you want to go on a trip, do you make a list of all the places you don't want to go?

Do you get in the car or on the plane and head toward the 20 million places you are not going?

No, of course not.

Sure, they have the basics: shelter, love, enough food, clothes to wear, but when it comes down to all of the details they can't describe the life of their dreams. Why?

For some, it's that they don't believe they deserve to have everything they want. (We'll get to this in a later lesson) Others think that it will take too much work or they don't have what it takes to get it. Others are afraid to say it out loud. They think, "if I tell people what I really, really want, they'll laugh at me and say, 'who's s/he kidding, she can't possibly have all that!'"

Which one are you? And don't tell me that you're none of them. If you are, then you have the career and life of your dreams and Quantum Success is already in your grasp. But, if you don't, let's move forward and design the life you truly want and deserve.

Quantum Success Action Items

Yes, I know. You probably think this exercise is silly. I promise it's not. Say you are out to find a birthday gift for someone in your life that you love more than anyone. You want to give them something so spectacular that they'll be filled with tremendous joy at your thoughtfulness and caring. Wouldn't it help to know what they want?

Are you any less deserving? Absolutely not! In the next few weeks, you are going to be venturing out on your own little shopping trip gathering all of the things that will give you tremendous joy. Won't it be awesome to get exactly what you want?

Well, the first step is figuring out what that is.

- 1. Review the "Define Your Quantum Success" Tool, included on day 1.**
- 2. Set the clock and spend 10 minutes writing down what you must have in your life to consider yourself to be successful.**

Note: We did not say what do you have to have for your parents to consider you to be successful...or your spouse....or anyone else. I said YOU. And, this is not what you think is ok or acceptable. What do you want?

If you're as smart as I know you are, this list/description will evolve throughout this course... and throughout your life. It's not a forever list/description. It's a right now list.

- 3. Look at your list. Is it really what you want? Or did you hold yourself back? Set a timer and spend another 5 minutes, adding all of the things you know are your heart's desire, but you believed couldn't go on the list the first time. If you could have absolutely everything you wanted....what would be on your list?**