

CONTENTS

Foreword.....	7
Definitions	8
Author’s Dare	11
Introduction— The Art of <i>SOARING</i>	12

PART ONE—*Looking To The Sky*

1 Unlocking Your Potential to <i>SOAR</i>— The Blueprint to Building Your Dreams	15
2 Go For It! What’s Holding You Back?	21
3 Self-Responsibility—Stay on Course No Matter What	30

PART TWO—*SOARING*

4 <i>SEEING</i> Is Believing! Start by Seeing Your Goals and Dreams	35
5 <i>ORGANIZING</i>—You Need to Have a “Flight Plan”	59
6 <i>ACTING</i>—Making Things Happen Is Key to Your Success	82
7 <i>REJECTING</i> Your Way to Success. Failure Is Not an Option—Reject It	107

PART THREE—*Putting It All Together*

8 You’re the Pilot of Your Own Success	121
9 How to Use <i>The SOAR</i> <i>Performance Journal</i>	132
About the Author	144

Introduction

The Art of *SOARING* . . .

*“You can never consent to creep
when you feel the impulse to soar.”*

Helen Keller

You Have the Freedom to *SOAR*

Soaring in life is easier than most people will lead you to believe. In fact, the word itself gives you all the clues you need.

The letters that make up the acronym *SOAR* represent principles that, when applied to your life, empower you with the ability to fly your own course. Follow the principles rooted in these four letters. Uncover the potential that might otherwise have remained shrouded beneath veils of self-doubt and regret. Start working toward living the life you’ve always dreamed about.

The S Stands for *SEEING*—

SEEING yourself succeeding and accomplishing great goals and dreams. *SEEING* is picturing the future...your future!

The O Stands for *ORGANIZING*—

ORGANIZING your goals and dreams and developing a specific plan of action so you can achieve them. *ORGANIZING* is understanding and thinking about the steps that will allow you to be successful in your mission.

The A Stands for *ACTING*—

ACTING on your plans and goals—being a *DO IT NOW* person! *ACTING* is motivating yourself and doing whatever it takes to make it happen.

“What you end up becoming you become by effort.”

The R Stands for *REJECTING*—

REJECTING failures and defeatist attitudes that can cause you to quit before you achieve your goal. *REJECTING* is having the determination and perseverance to overcome the obstacles that temporarily impede your success.

SEEING—ORGANIZING—ACTING—REJECTING

This book introduces you to these four cornerstones of success and explains how you can master each one in pursuit of your dream. By incorporating each principle into your life you develop mastery over it! It’s that simple...

Now SOAR to the top, onward and upward!

Chapter 1

UNLOCKING YOUR POTENTIAL TO *SOAR*— THE BLUEPRINT TO BUILDING YOUR DREAMS

“Nothing happens unless first a dream.”

Carl Sandburg

Make a Decision—Then Take Action

Reading this book clearly shows you have a desire to make the most of your life. This bold decision separates you from those who only wish they had a better life, but never take action to make it happen. No matter where you are on your journey, take satisfaction knowing you are *now taking action*.

The *SOAR* approach to success is simple. Successful living isn't rocket science—it's done by ordinary people who dedicate themselves to getting extraordinary results. But, how can you do it too? Believe in yourself and your dreams, and live with passion. Follow the simple success principles represented by *SOAR*, and make your dreams come true.

Succeed and fulfill your dreams by following the four principles highlighted by the simple acronym *SOAR*. How successful can you be? As much as you want and believe you can be! For example, if you want to build a big business or a great career, you can do it. You make the decision—*you build the dream!* When you reach one dream, build a bigger one. The *SOAR* approach is simply a set of blueprints to move on.

Throughout this book, you'll be given questions to ask yourself to help you widen your horizons so you can think

bigger and get in touch with your true potential. Rather than just reading over these questions, stop and give them some thought. Your answers will give you the clues you need to benefit from the possibilities that lie ahead for you. Feel free to continue your answers on an additional sheet of paper if you need more space. Now, let's start *SOARING*.

***What Do You Want to Accomplish in Life?
What's Your Dream?***

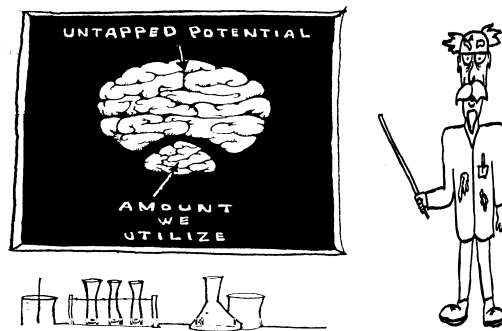
Take some time, right now, to think about your answer and then write those ideas down. This exercise, like all the others in this book, is intended to help you accomplish your goals and dreams. Sometimes it can be challenging to answer such questions, but amazing things can happen when brain, pen, and paper work together! Just ask yourself, "What do I really, really, really want?"

Congratulations! Pat yourself on the back! By listing and committing to the ideas you put on paper, you have taken *the* key step in uncovering the power that can bring them to fruition. If you nonchalantly dismiss this exercise, strap that helmet back on and get back in the ball game. To succeed in life, you must first know what you want out of it! When you write a goal down, you're four times more likely to achieve it.

Look again at your answers. When you push yourself, you can accomplish them...and much more! Why? Countless studies have shown that we utilize only ten percent, or less, of our brains!

Considering man's great accomplishments, imagine what could be done if we would use even a small portion of the other 90 percent of our true potential! Even if we used only one percent more of our brain's capacity, that would still be a ten percent increase. That would be enough to put us way be-

yond what we ever thought possible! The truth is, our mental potential is literally unimaginable and way under used.



***What Would You Do if You Had the Time and Money
to Do Anything You Wanted to Do?***

You may have asked yourself a similar question when you were a child. But have you asked it recently? If you're like most people, probably not. Maybe you weren't willing to invest the time. You may think there are more immediate and pressing things to think about. But take a moment, right now, to *seriously* consider this question, and write down the answer. What would you do if you could do anything? Absolutely *anything*? For example, you might say, "I would travel with my family and see the world." Or, "I would take my son or daughter to school every day." Perhaps you would say, "I would golf, sail, or play tennis a lot."

As a child, your entire life was in front of you. You probably had no major responsibilities, and believed you could be anything you wanted to be when you grew up. You may have wanted to be a doctor, an engineer, a fireman, a nurse, a pilot, a sea captain, or any number of things. You were a "child of unlimited potential."

Now, however, it's likely your view of the possibilities for your life has changed. You probably picked a direction for yourself and started down your chosen path. Inevitably, your

focus became narrowed as you developed the specialized skills you needed for the occupation you chose. You may have become set in your ways, and perhaps you've stopped asking yourself questions like, "What do I *really* want to do with my life?" Now, your questions are more likely along the lines of, "What do I *have* to do today?"

Dreaming is usually easy when you're a child—your life, in most cases, is relatively simple and uncomplicated. Most of the routine details of everyday living are handled for you, giving you much more free time to play, pretend, explore, and dream. But now you're a busy "big" person with all sorts of challenges and responsibilities. Playtime has been reduced to a minimum. The pressures of living have replaced the pleasure of pretending. You're a grownup now, and not much seems to be the fun it was before.

But does it really have to be that way?

Child's Play

Let's go ahead and take some time to let go of the "restraints" of adulthood and play a "child's" game. Let's take a moment to pretend. It may be one of the most significant things you do in your adult life, as you begin to *SOAR* in the direction of your dreams. Here we go...

Seemingly, by accident, you've rediscovered the brass key for that dusty old treasure chest in your attic. You locked it up years ago and, over time, you'd forgotten all about it. The sparks igniting your memory tell you that this is no ordinary key—it's the key that will unlock your imagination and your dreams. It's the key to your personal "Hope Chest"! With exciting memories from the past racing through your mind, you bound up the stairs. You start remembering all the great stuff you used to store in that chest as a child.

Excited, you quickly unlock the chest and fling it wide open. You discover, to your amazement, all that remains is a

dusty document lying beside a tarnished lamp—the proverbial lamp with the genie inside.

Your recollection of what had been in the chest is gone. You dust off the document and read that the genie within the lamp is prepared to grant you your greatest wish. By freeing the genie, your deepest desires and dreams will be fulfilled. The document goes on to explain that, to release the genie, you must polish the lamp to its original luster.

Judging by the looks of the lamp, you realize it will take a great effort to wipe away the years of tarnish that have held the genie hostage. But once it's done, your life will be changed forever. Anything you wish for will be yours for the asking.

If asked, most of us wouldn't admit to closing the door on this kind of opportunity. But many do! *Somewhere, deep inside each of us, a genie, known as our Potential, lies in wait.* Unfortunately, most of us are too preoccupied with surviving day by day to invest the time and effort required to release our genie to the world. As a result, most of us never realize even a fraction of our true potential.

Why is it that most people choose to keep this unlimited potential bottled up inside themselves? Are you one of those people? If so, what do you need to do to set it free and allow yourself the chance to create the life you desire and deserve?

The answer to this great “mystery” is surprisingly simple. And you already hold the key! The key is commitment—sustained commitment. The choices you make every day, and the time you take acting on them, reveal what you're committed to.

What Are You Committed to?

The choices you make determine the quality of your life. You choose what you do for a living, where you live, who your friends are, and how you spend your leisure time. Every

day you decide when to wake up, what to eat, what to wear, and when to go to sleep. Every day you choose what your attitude is going to be. You choose what you're going to say and to whom you'll say it. You choose how you respond to events in your life. You choose what you believe in and what you value.

So many choices! What it comes down to is this:

You choose how you are going to live every day, which collectively makes up the weeks, months, and years of your life. Life is a kaleidoscope of never-ending choices. All of these choices, mixed together, are the ingredients of your meal ticket. Whether you serve yourself crash diet portions or a gourmet meal depends entirely on you.

The bottom line is, *you* choose your own level of success in life. Yes, *you!*

So then, what's your choice? Go ahead and write it down. Are you going to live the life you want or be swayed by the events of everyday living? Only you can decide. Remember, choice, not chance, determines your destiny.



There is no genetic master plan that predisposes some people to succeed and some to fail. The direction your life takes and how high you go is up to you.