

Bull's-eye Manifesting Course

Day 22

Why Action Alone Doesn't Always Work

"Infuse your life with action. Don't wait for it to happen. Make it happen." - Bradley Whitford

"Discipline is the bridge between goals and accomplishment." - Jim Rohn

"A dream doesn't become reality through magic; it takes sweat, determination and hard work." - Colin Powell

"Focused, hard work is the real key to success. Keep your eyes on the goal, and just keep taking the next step towards completing it." - John Carmack

"The hard work definitely paid off and hard work always does." - Gabby Douglas

You have probably seen dozens of quotes like those above, right? "Hard work is the secret to success! Just work hard and you'll get where you want to go! Never give up, never give in!" The problem is, hard work alone is **NOT** the answer.

It took me years to finally understand this. I used to believe that if I could just work harder, be more dedicated, be more persistent, everything I wanted would come to me. I used to read motivational books by successful people. I used to listen to motivational audio tapes.

And of course, I spent countless hours putting all of that great advice into action. I worked hard. Then harder, then still harder! I worked longer hours. I sacrificed things that were important to me. I spent more and more time away from my family, believing that if I could just create the level of success I wanted, I would be

able to finally relax and enjoy life. It never happened. At times I was able to reach slightly higher levels of success, but I never even got close to the level I wanted to be.

Worse, I was pushing myself so hard that I would often become ill or burned out emotionally and physically, so I would have to take time off to recover. While I was recovering, whatever results I had managed to create would then fade away because I was no longer putting in the same amount of effort, and I would have to start all over again.

Have you ever wondered why some people seem to become successful almost effortlessly? And why some other people can work and work and work until they are exhausted and still never reach the level of success they desire?

It has nothing to do with action. It has everything to do with **FREQUENCY!**

When I was working so hard, taking tons of action, trying to create the success I wanted, I was really going about it backwards. The actions I was taking were at odds with my frequency. I was trying to physically move toward success, but internally I was vibrating on the frequency of failure. I was trying to create success from the outside, in. But all success must come from the inside, out!

That's why two people can take virtually the same actions toward the same goals, and one of them will fail and the other one will succeed. It is not the actions themselves that determine success; it's the person's frequency that determines how much progress they make.

Does this describe you? You will know if this is a problem for you if:

- You have been struggling for years to make even small progress.
- You constantly work hard but have little to show for it.
- You have been stuck in the same rut for years.
- You see plenty of other people succeeding at the same thing, but you can't.
- You have tried dozens of different methods, products, careers, techniques, situations...and you STILL can't reach the level of success you want.

If any of this sounds familiar to you, there is likely a conflict between **your actions** and **your frequency**. You are trying to create results through action alone, but you won't get far doing that. Even if you could create some initial progress, it won't last long if you are not aligned with keeping those positive results.

The good news is that changing this is very easy! And it does not take long to start seeing better results.

Shift Your Frequency

In order to start getting better results from the actions you take, all you have to do is start shifting your frequency in the direction you want to go. That means visualizing the results you want.

Not just the big "final outcome" goal you are working toward. You are already doing that by using the feeling words and feeling images like we covered in the early part of this course. Instead, I'm referring to the smaller pieces of the puzzle, the smaller steps that lie between where you are and where you want to end up.

For example, if your ultimate goal is to increase your income, you are hopefully focusing on the feeling you want to have about your financial situation. You are imagining the way your life will look and feel when you achieve your goal.

But even before you reach that point, there are smaller things you can focus on that will LEAD to your bigger goal. You can visualize those smaller components going well, working out in your favor, and so on.

For example, visualize ten new clients coming to you this month. Visualize your phone ringing off the hook with new business. Visualize your email inbox overflowing with new orders. Visualize new business partners being excited to work with you. Visualize any scenario that makes sense for you according to the goals you are working toward.

Most importantly, get into the **FEELING** of consistent progress. Try to feel those new clients, new sales, new orders, new partners, whatever it is you would like to see happen in your day to day activities.

Start practicing the **FEELING of SUCCESS!**

Even though you haven't yet achieved the big goal you are working toward, you can still practice that feeling of, "Yes! I'm making progress, I'm feeling good about my progress, I'm right on track, I will achieve this goal easily."

That's a good feeling, right?

Do this at least once per day, more if you can. You can definitely do very brief sessions, even as little as five minutes at a time. Scatter these mini-visualization sessions throughout your day.

A funny thing will start happening then. The actions you take will start to yield greater results. Even if you are taking the **SAME** actions you have taken for years, suddenly they will start paying off in a bigger and better way.

You may also get insights and ideas for new actions that perhaps you never considered before. And those actions will start yielding great results too.

However, be sure not to fall into the trap of trying to **MAKE** success happen with these visualizations. While you are visualizing, your only goal is to focus on it because it's enjoyable. Have fun with it. Laugh and smile as you imagine good things happening for you.

Be relaxed about it and your progress will truly seem effortless. I have seen this process unfold in my own experience so many times, and it boggles my mind every time!

Line up your energy, get your thoughts moving in the direction you want to go, and any action step you take will then be much more effective.

Try it! :-)