



**STRATEGIES FOR TEACHING YOUR
BRAIN TO ACHIEVE**
PROFESSIONAL GOALS

Dr Sylvan Lightbourne

**UNLEASH YOUR
BRAIN POWER**

**THE ART OF
GETTING WHAT
YOU WANT**

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INTRODUCTION

You can get what you really want in your life if you know how to go about it in the right way. This guide will show you exactly how to do that. Most people have no idea what they really want in their life and as a result they let life control them and end up being bitterly disappointed.

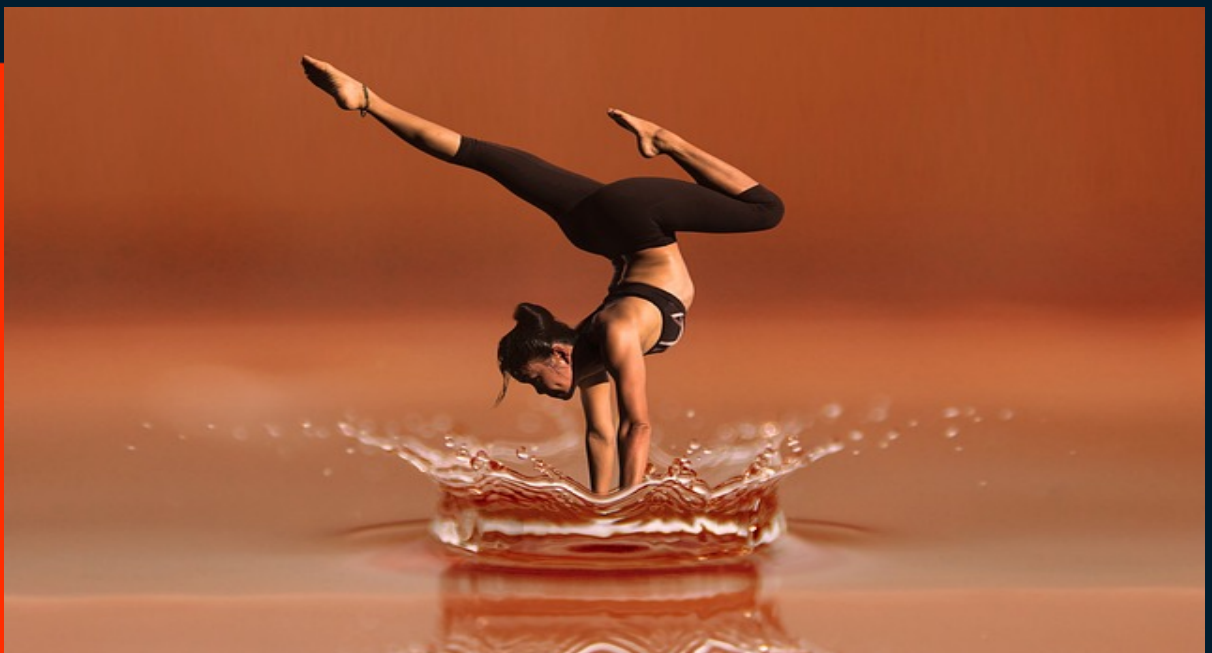
The first thing that you need to accept is that getting what you want is going to take time and effort. The reason that most people don't know what they really want is that they cannot be bothered to think about it deeply. They would sooner waste their time on social media or watching nonsense on TV.

The first step to get what you really want is to decide what you really want. To do this you will need to spend some quality time away from any distractions and ask yourself a number of searching questions.

There are many examples of these questions in the first chapter of this guide. Then you need to set your goals properly and create a plan for achieving your goals. When you create plans they will never be perfect so accept that you will need to review them regularly and make the necessary adjustments to them. The most critical aspect of getting what you really want is controlling your thoughts.

If you don't deal with the negative thoughts that we all experience properly then you will never manifest your desires. You also need to develop a mental toughness to deal with setbacks and keep you on the right track.

Everything that you need to know about getting what you really want is in this powerful guide. So read every word and apply what you learn. The steps outlined in the guide require practice, patience and persistence.





**WHAT DO YOU
REALLY WANT?**

The reason why most people do not get what they really want in their lives is because they don't know what they want. If you were to go to a busy shopping mall on any weekend and ask a number of randomly selected people what they really want from their life then you are likely to get a lot of "I don't know" or "I haven't really thought about it" type answers. So why is this? Well there are a couple of reasons.

The first is that thinking about what you really want from life requires effort and most people would prefer to waste time watching TV or sitting on social media for hours. The second reason is that as we progress through life it is easy to think that you already have what you want. You have a steady job with steady income, a life partner, wonderful children, your own home, two cars and so on. What else could you possibly want?

DEAR TO DREAM



These days we are surrounded by motivational messages telling us to go after what we really want. So why do so many people fail to do this? Most people do not have a clue what they want but there are always exceptions of course.

There are people that dream of becoming successful in business, politics, sport, music, art, the movies etc. These people dare to dream. But the sad fact is that most of these "dreamers" will never achieve what they really want.

Why is this? Well they do not have the mindset to do it. They have big dreams but that's all they are – dreams. These people do not possess the right mentality to follow through and make it happen. And that is what this guide is all about.

Providing you with the tools and techniques to change your mindset so that you will have every chance of getting what you really want. But it all starts by knowing what you really want.

Having the right success mindset will do nothing for you if you do not have clarity over what it is you truly desire. So in this chapter we are going to help you to determine what you really want.

HOW TO DISCOVER YOUR WANTS

This is going to require you to take some quality time out without distractions. Put your phone on silent and go into a room that does not have a computer or TV. Tell other members of your household that you don't want to be disturbed unless there is an emergency. Arm yourself with a pen and a few sheets of paper and you are ready to go. What you are going to do now is to take a look at different areas of your life. We are going to provide you with some questions to ask yourself in the following areas:

- Your Job or Business
- Your Finances
- Your Personal Life
- Your Health and Wellbeing
- Your Contribution

This is by no means an exhaustive list. Once you have been through these life areas you can add others if you wish. But these will give you a great start in determining what you really want. With each of these questions you need to write an answer down on paper. Don't worry about how you are going to achieve these things – we will tackle this later.

So here we go...

YOUR JOB / BUSINESS



- Are you earning enough money?
- Are you happy in your job or running your business?
- Do you need to improve specific business skills e.g. leadership skills, public speaking skills, writing skills?
- Do you want a promotion in your job?
- Do you want to start a home business?
- Do you need to take care of your customers better?
- Are you happy with your company's career path?
- Do you want to have a different role at work or move to another department?
- Do you need to learn more about your industry?
- Do you like the industry you are in?

YOUR FINANCE

- Do you have money growing in a savings account?
- Does your savings account provide you with the highest rate of interest?
- Do you have any debts?
- Do you want to make investments? • Do you have a pension plan?
- Do you have life insurance for you and your family?
- Do you have complete control over your finances?
- Are you happy with your bank?
- Do you want to learn how the financial markets work?
- Are your taxes in order?

YOUR PERSONAL

- Do you have high self esteem?
- Do you like where you live? If you rent do you want to buy your own home?
- Do you take care of your home?
- Do you want a bigger home?
- Do you have a partner in your life?
- Do you want to find love?
- Do you have a supportive circle of friends? Do you want new clothes?
- Do you want to start a new hobby?
- Do you want to learn a new skill?

YOUR CONTRIBUTION

- Do you do enough to help others?
- Do you contribute to worthy causes?
- Do you have good relationships with others?
- Do you want to do community work?
- Do you help your family and friends enough?
- Do you listen to others?





SETTING GOALS THE RIGHT WAY

GOAL SETTING

Congratulate yourself because you now know what you really want which puts you in an elite group which represents only 1 – 3% of the population. You should feel really excited now because you finally have clarity. Clarity is power and now we are going to take this a step further by turning the things that you want into actionable goals. Just having a list of goals is not much use.

OK it is better than not having any goals at all but that's about it. How many times did you set yourself New Year's resolutions and failed by the third day in January? It's OK because the vast majority of people do this. The main reason is that people say things like "I will lose weight next year" or "I will earn more money next year".

Your goals have to excite you. The level of excitement needs to be so great that you actually experience pain if you do not follow through on them. So we are going to provide you with a method to set your goals that will make you so excited you will be bursting to get started on them!

By using this technique correctly then you will increase your confidence and self esteem. You will feel energized every time you read and think about your goals. When you set goals using this method it will help you to discover your strengths and weakness and you can work on these to achieve what you really want.





**PLAN TO GET
WHAT YOU WANT**

We told you in the first two chapters not to think about how you are going to achieve your goals. This is because getting bogged down with this kind of detail can start you thinking negatively and prevent you from actually going for the goal in the first place. Look there are many ways that you can lose weight or make \$100,000.

Now is the time that you need to think about these things. You have probably heard the old saying: “If you fail to plan then you are planning to fail”. This is very true. A goal without a plan is just a pipe dream.

So you need to get your planning head on and start thinking about what you need to do each day to achieve your goals. It is not essential that your plan is perfect – in fact it is virtually impossible to come up with a perfect plan to achieve a challenging goal.

But you must start with a plan. As you progress you can make changes to it. The best plans are always reviewed regularly and changed to reflect reality. It is fine to have areas of your plan which are about research. In the beginning it is natural that you will need to find out more about how to do something. Today we are lucky to have information at our fingertips on the Internet. Use this to your advantage.

Whatever you want to achieve there will be someone who has done this already and shared their experiences online. So take a look at what they did and whether this is a good fit for you.

A DAILY TASK PLAN



Once you make a start on a daily plan you will find that new tasks emerge that you will need to complete the next day and so it goes on. The most important thing is to establish the tasks for the first day and then make a start straight away.

You must record your daily tasks. We recommend writing these down on paper or in a journal. If you want to use technology then that's fine. Just make sure that you can access your daily task list easily.

A simple “to do” list can be really effective. Crossing off those things you have completed will motivate you and will help you to reflect on progress. If you have something on your “to do” list that you were unable to complete then don't beat yourself up over this.

Just transfer it to your task list for the next day and get it done then. When you do complete all of your daily tasks then give yourself a congratulatory pat on the back

ACCOUNTABILITY

If you work a job then you have a boss to be accountable to. If you are in a customer facing role then you are accountable to them as well. With a business it is all about being accountable to the customers. When you are working on your goals to achieve what you want in your life then you are accountable to nobody – unless you want to be.

Some people need others to be accountable to and others don't. If you are a true self starter then you probably do not need anyone. But if this is your first time setting goals and seriously trying to change your life for the better then it could be a good idea for you to have some accountability.

If you want someone to push you and motivate you then think about your circle of family and friends. Is there anyone in this group that will really tell you how it is and kick you in the rear if you are falling behind with your tasks? The last thing you want to do is to choose someone that will sympathize with you and say things like “never mind there is always tomorrow”.



DON'T SHARE YOUR GOALS

In some success books you will be encouraged to share your goals with everyone that you know. This is based on the premise that you will be accountable to many people and that it will spur you on to break through procrastination and keep on the right track with your daily plans.

But in our opinion this has a serious downside and we strongly recommend that you do not share your goals with everyone – just those that you can trust will use the information to encourage you.

They will find all kinds of ways to try and talk you out of this. You will hear things like “you will never do it” and “you haven’t got what it takes”. If you have mental toughness (which we will discuss in a later chapter) then you can just let these kinds of comments bounce off you and carry on regardless.

But if you are not at this point yet then this kind of negativity can be devastating to your progress. Sometimes people really close to you such as your parents or siblings may tell you that you are “wasting your time”. Some may even laugh at you. So our advice is to keep everything to yourself until you have developed the mental toughness to deal with this.



**CONTROL YOUR THOUGHTS
TO GET WHAT YOU WANT**

So far we have discussed that to get what you want you need to:

- Identify what you really want
- Set exciting goals
- Create a plan to achieve your goals

Once you have done these 3 things you will be so far ahead of the vast majority of people! Now it is time for you to take action to achieve what you really want and this is by far the hardest thing to do.

Do you remember what we told you about taking action on a daily basis strengthening your subconscious mind? Not only that but your subconscious will see that you are serious and will help you to get what you want.

You are in Control of your Thoughts

Always remember that you are in control of your thoughts. So if that is the case you can ensure that only the right things enter your subconscious mind. How do you do that? Well read on and we will tell you. Before we get into thought control let's take a look at your two opposing forces that we call your "higher self" and your "lower self". These are best explained by way of examples:

Your Higher Self

This is the force within you that compels you to do the right things. You have a lot of tasks to complete in the pursuit of what you really want and your higher self provides the energy for you to tackle all of these tasks.

Your Lower Self

This is the force within you that looks for the path of least resistance. If you let your lower self dominate your life (as so many people do) then instead of getting on with your daily tasks you will sit on the couch and waste your life watching TV or spending hours on social media.

How you can Control your Thoughts

Have you ever had a negative thought? Of course you have. We all have negative thoughts every day. These negative thoughts will totally destroy your dreams and will prevent you getting what you really want. So what can you do about this? The answer is to neutralize your negative thoughts with positive ones. Yes it is that simple.

The practice is a little more difficult of course. But the effort and persistence will pay off for you and you will be able to get what you want. Negative people always end up with things that they don't want in their life. Positive people are far more likely to get what they want. So which one do you want to be? Most people are somewhere in the middle of being negative and positive.

Use the techniques in this guide to swing over to the positive side. The reason that negative people get things that they don't want is because of the Law of Attraction. This is a powerful life law that we will discuss in another chapter. For now just believe that positivity is the way to go if you want to get the things that you really want.

Getting rid of the Negativity in your life

If you really want to get what you want you are going to have to be more selfish. All of us have people in our family and friends circle that are negative. These people spend as much time as they can complaining about everything. It is always someone else's fault of course. Each time that you are in the company of these people their negativity will have an impact on you.

Until you get to that point you need a way to deal with the negativity of others. It is ridiculous for us to suggest that you never meet with these people ever again. Some of them will be loved family members and friends that you have had for years. But we do recommended that you cut down the amount of time that you spend with them.

Stop Living in the Past

Far too many people dwell in the past and let this rule their future. Just because you failed at something in the past doesn't mean that you will always fail at it in the future. We have all done this. There is something stopping us doing what we need to do and we let our past convince us that we will never overcome this problem.

This sends entirely the wrong messages to your subconscious mind. It strengthens the belief that you tried it once and failed and therefore you will always fail at it. Do you have a habit of giving up on new things easily? If you do this is because you have always done this. You are letting your past influence your future.

It is going to take persistent effort to make this work for you. There is no magic spell or overnight fix to control your thoughts. After a fairly short time of neutralizing your negative thoughts you will find that you have a much more positive outlook on life. This is the first sign that you are taking control of your thoughts.

Positive Affirmations

A lot of people laugh at the idea of using positive affirmations each day. But this is one of the best ways that you can make the transition from negative thinking to positive thinking. Even the most successful people have self doubts and think negatively about themselves.

But in an instant they can snap out of this state and get back on the positive trail. So what we recommend you do is spend some time thinking about your weaknesses. This may sound negative, but please bear with us here. Write down those weaknesses and then write a positive affirmation around each one of them.

Create your list of positive affirmations and then use them at least twice a day. Read them out loud when you get up and again before you go to sleep at night. Over time this will make a massive impact on your positivity and you will develop the power to do anything that you want.

**DEVELOPING THE
MENTAL TOUGHNESS
TO GET WHAT YOU WANT**

TRAITS FOR MENTAL TOUGHNESS

So just how do you develop the mental toughness necessary to ward off negativity and keep going whatever is happening around you? Well you need to develop six traits that will make you more mentally strong and provide you with an iron resolve. Here are the 6 traits you need for mental toughness:

1. Start
2. Prioritize
3. Focus
4. Persistence
5. Review
6. Organization

Let's take a look at each of these in turn.



Start

If you want to get what you want then you have to “start”. And that means start right now! Don’t wait around for anyone or anything. The time to start is right now! When you start you will utilize the power of inertia. Writing a book starts with the first few words. SO just make a start and keep going.

But what if you can’t make a start right now? What if the thing that you want to do is just too difficult for you? Never believe that anything is too difficult for you. Just make a start on it. Most things are nowhere near as difficult as they seem at first.

Break a large task down into smaller components and make a start. If you have too many things on your daily “to do” list and don’t know where to start then this can overwhelm you and it can lead you to starting nothing. So in this situation you need to develop the second trait which is to...

Prioritize

OK so you have 7 tasks that you want to complete today. Which one do you start with? We recommend that you start with that task that will nag at you all day if you don’t do it. Maybe this is paying a bill or responding to an important email. For some reason you have been putting this off and now the pressure is really on.

You do not want to have this kind of pressure in your life so just do this thing first. You will feel so much better afterwards and empowered to get the other tasks done. If something is stressing you out then it will be hard to concentrate on your other tasks.

The next priority is to choose the easiest task on your list. Maybe you have always been told to tackle the most difficult thing first but we do not agree with this. By tackling something easy you build momentum to move on and use the Law of Inertia to your advantage.

Focus

The ability to concentrate fully on what you are doing until it is complete is one of the most powerful tools for your mental toughness. It is tougher now to focus on things than it ever was before because today's world is full of distractions. Make sure that you avoid obvious distractions.

Don't try to work on your tasks with the TV blaring in the background. Similarly it will be really tough for you to complete your tasks in a room full of people that are talking. You know the things that are going to distract you so avoid them. It is almost impossible not to be distracted all of the time. When this happens you need to refocus on what you were doing again. If you are the type of person that has a wandering mind then keep refocusing until it becomes second nature.

Persistence

This is another great mental toughness trait that you simply must develop. Persistence wins wars, wins gold medals at the Olympics, creates multibillion dollar companies and finds cures for diseases. It is the total opposite of giving up. When you give up on something, no matter how small, you let your lower self creep back into your life. Your subconscious receives the wrong signals and this will make you more likely to give up again in the future.

Why do people give up on stuff? One of the most common reasons is fear of failure. Do you think that people that have everything in their life didn't make mistakes and feel like giving up at some point? Of course not. But they didn't give up because they were persistent.

They learned from their failures and they moved forward. If you are in a situation where you feel like giving up then get out your goal sheet and read the reasons why you are doing this. This will light a fire under you and give you the motivation to keep on going. Stand up and move your body. Punch the air and say out loud "come on" to give yourself renewed energy.

Review

This one may have you a little puzzled. Why is this necessary for mental toughness? It is very important to review what you are doing regularly to see if you are on the right track. If you don't do this then you can spend a lot of time and energy moving in the wrong direction. Let's say that one of your goals is to lose weight. One way to review this is to step on the scales regularly.

But there is more to it than that. Does your new regime make you hungry and tired? Are you feeling healthier through what you are doing or more unhealthy?

When you review the things that you are doing it will tell you what is working and what isn't. You can do more of what is working and take a different approach with the things that are not working out as you expected. So plan regular reviews of your progress towards your goals. You really need to know if you are on the right path or not.

Organization

If you are disorganized in your life then this will present you with a number of challenges that you can easily avoid.



**RAISE YOUR
CONFIDENCE LEVEL
TO GET WHAT YOU WANT**

On your journey towards getting what you really want you are going to need confidence. Confidence in your ability to do something, confidence to approach people that can help you and so on.

A lot of people do not have this kind of confidence and think that it is a gift that only some people possess. This is nonsense. You can increase your confidence any time that you want. With the methods in this chapter you will have the confidence to give a public speech rather than run a mile. You will have the confidence to tackle problems

TACKLING YOUR FEARS

Fear is the reason that people are not confident. They do not want to approach an attractive girl or boy because they fear rejection. They do not want to try new things because they have a fear of failure and that people will laugh at them. Does any of this sound familiar? This is irrational fear and every time you accept it you will strengthen it and your lower self will come to the surface and tell you that you don't need to do this thing.

Everyone has irrational fears and the best way to deal with them is to tackle them head on. So if you need to do something new to achieve your goal then just tell yourself that you can do it and then do it! If you fail the first time it doesn't matter. Just get back on your horse and try again! After facing your fears head on for a while you will find that you will easily be able to do the things you always dreaded.

SELF RESPECT



We want you to be so confident that you can do anything. In order to get to this level you will need to strengthen your self respect. If you have a low opinion of yourself then you have a bit of work to do. But in no time at all you can have very high self esteem. Think about things that you have achieved in the past.

Maybe you learned to drive or passed some tough exams. It doesn't really matter what it was as long as it was challenging for you. Once you had achieved these things how did you feel?

Did you have a strong feeling of satisfaction? Were you really proud of yourself? Recreate these feelings and make the strong. You can use these feelings to generate the confidence that you need in a snap to tackle anything in your life.

A woman with long dark hair is shown from the chest up, wearing a white shirt. She is holding a pen and writing in a notebook. A large, semi-transparent red rectangle is overlaid on the image, covering the woman's face and the notebook. The text "YOUR DAILY ROUTINE TO GET WHAT YOU WANT" is written in white, bold, sans-serif capital letters across the red rectangle.

**YOUR DAILY ROUTINE
TO GET WHAT YOU WANT**

If you want to get what you really want then you need to establish a daily routine to support this. This involves taking consistent action each day and sending the strongest signals to your subconscious mind and the Universe that you really want the thing you desire.

STARTING THE DAY OFF RIGHT

Getting a good start to the day is essential. You want to make a positive start rather than a negative one. So here is what we recommend you do:

- Read your goal statement and your reasons for wanting to achieve the goal(s)
- Read your statement to the Universe
- Read your positive affirmations
- Visualize that you already have what you really want
- Plan your day and start working on one task

All of these things will help to send the right signals to your subconscious mind and the Universe. They will also help to develop your mental toughness (especially persistence) and strengthen your belief that you will get what you desire.

USE A JOURNAL



If you don't have a journal then we highly recommend that you start to use one right now. You can record your goals in the journal as well as your statement to the Universe and your positive affirmations.

It is also a good idea to record your daily tasks in your journal. Make a note of your feelings as you continue your journey.

Each day make an entry in your journal about what you have done and how you feel. Note any obstacles that you had to overcome.

After you have made a few journal entries you can reflect back on how far you have come. This is great for extra motivation.

If you are feeling down for any reason then get out your journal and recall what you have achieved so far.

LEARN SOMETHING NEW

Be committed to life learning. Learning does not end when you leave school. This is just the beginning. Make a commitment to learn at least one new thing each day. It doesn't matter how small this is. Keep building on your knowledge all of the time.

END THE DAY RIGHT

Before you retire at night we recommend that you do the following:

- Read your goal statement and your reasons for wanting to achieve the goal(s)
- Read your statement to the Universe
- Read your positive affirmations
- Visualize that you already have what you really want
- Plan for the next day

Again you are sending the strongest signals to your subconscious mind and the Universe. You will sleep soundly knowing that you have planned out the next day.

HANDLING INACTIVITY



There are going to be times when you just cannot complete your daily actions, or even start them because something happens in your life to prevent this.

This could be a tragedy like a death in the family or some other kind of emergency. Whenever you miss a day for whatever reason don't beat yourself up over it. During the same day find a few minutes on your own when you can think about your actions and your goals. Do this in the bathroom if you have to!

The important thing is that you think about your goal and your actions. You need to keep telling your subconscious mind and the Universe that you are serious and really want to manifest your desires. This really works and will only take a few minutes. We are realistic and understand that these things happen.

**BEST PRACTICES
TO GET WHAT YOU WANT**

LEAVE YOUR COMFORT ZONE

Determine what you really WANT

Take the time out to think about different aspects of your life. Use the questions in chapter one and write down your answers. Reflect on each answer and imagine how you will feel if this was in your life right now. Put these in order of how strongly you feel about them. Choose 1-3 of these as the thing(s) that you really want.

Set SMART goals

Use the SMART FOR ME process to set goals that are realistic and that will excite you. As you write down each goal on paper add the real reason why you want to achieve the goal. Be careful not to take on too many goals. We recommend that 3 is a maximum.

Create a PLAN

Spend time creating a plan to achieve your goal(s). You will use this plan to create daily, weekly and monthly tasks. Having daily tasks is very important as when you work on these tasks you will send the right signals to your subconscious mind and the Universe.

Control your THOUGHTS

Controlling your thoughts is crucial to get what you really want. If you live in a world of negativity then your subconscious mind will never believe that you are serious. Neutralize all negative thoughts with positive ones. Stop dw

LEAVE YOUR COMFORT ZONE

DEVELOP mental toughness

Mental toughness will help you to overcome any barriers and brush off negativity so that you can keep working towards what you really want. You need to develop the following 6 traits:

1. Start
2. Prioritize
3. Focus
4. Persistence
5. Review
6. Organization

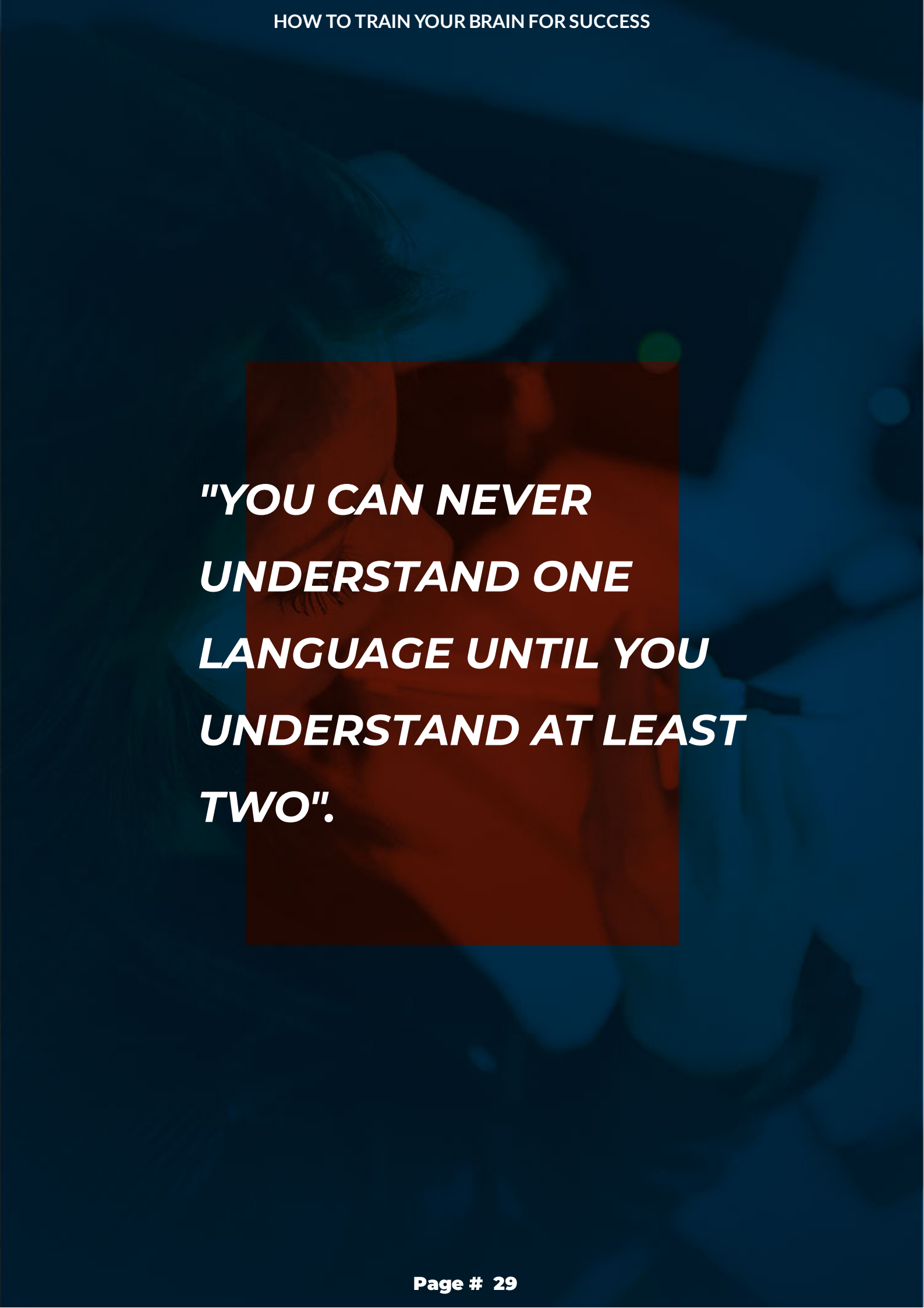
Increase your CONFIDENCE

You will need to be as confident as possible to achieve your goals and get what you really want. Face your fears head on and do it anyway. Develop your self respect by reflecting on past achievements. Create a physical anchor so that you can increase your confidence at any time.

Develop a daily ROUTINE

Start the day off right by reflecting on your goal(s), reading your statement to the Universe, reading your positive affirmations and planning your tasks and work on at least one task.

Start a journal and make an entry each day. At the end of each day reflect on your goal(s), read your statement to the Universe, read your positive affirmations and plan your tasks for the next day.



***"YOU CAN NEVER
UNDERSTAND ONE
LANGUAGE UNTIL YOU
UNDERSTAND AT LEAST
TWO".***

CONCLUSION



You now know everything that you need to do to get what you really want. It is now your turn to take action and make it happen. Don't just read this guide and then let it gather digital dust on your hard drive.

This is your life so follow the steps and apply what you have learned. Most people have no idea what they really want so by deciding this you will be streets ahead of the majority of the population. But don't stop there – set your goals and take the actions necessary to achieve them.

Work tirelessly on controlling your thoughts and developing the mental toughness you need to keep on going when things get difficult. And you need to believe that things will get difficult for you. We hope that you enjoyed reading “Get What You Really Want” and that you found this guide informative and inspiring.

Start right now by identifying what you really want and then follow through with the rest of the advice and guidance provided here. We sincerely hope that you get what you want in your life.

**THANK
YOU!**

