

## Module 5 – Lesson 34: Do You Have What It Takes?

When you're aware of the obstacles you're likely to face, you can prepare yourself and gather the proper resources before you need them. That's a good start, but it's not enough if you want to be successful consistently. It's also important to be willing to transform yourself.

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### The Real Secret to Goal Attainment

Attaining your goals isn't just about having goals and doing the right things. That will work in the short-term, but you won't have lasting success.

***It's necessary to become a person that's successful in the areas addressed by your goals.*** You can't just change your behavior and expect long-lasting results.

For example, if your goal is to become a millionaire, you must become a person that deserves to be a millionaire. It's necessary to have the belief system of a millionaire and the thought process of a millionaire. You have to be the type of person that takes intelligent risks and manages money well.

#### Cultivate the attributes that guarantee you'll achieve your goals:

1. **Make a list of attributes necessary to deserve the achievement of your goals.** Take each goal individually and consider the type of person that would achieve that goal. What attributes do you need?
  - More cautious or less?
  - More self-esteem?
  - A different attitude?
  - A new set of beliefs?
  - More outgoing?
  - More health-conscious?

- More active?
  - More proactive?
1. **Create a plan for developing these characteristics.** Find the resources you need to become a new version of yourself. Then apply those resources each day to make the necessary changes. When you change yourself, everything in your life will change, too.
    - Some people allow their ego to get in the way and declare, *“I’m fine just the way I am. I shouldn’t have to change.”* You are fine the way you are – if you’re happy with your life! But taking your health more seriously, going back to school, or learning to speak French doesn’t fundamentally change who you are.
    - Be brave enough to discover what you’re capable of...
  2. **Visualize the person you want to become.** Once you can believe it, everything else will fall into place. Start convincing yourself that you have the new mindset and attributes by visualizing yourself with them.

Become the person you need to be. It’s important to be open to the idea of changing yourself and not just your behavior. When you change yourself, everything around you changes, too.

***“No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change.” - Barbara de Angelis***

We’re nearing the end of this module. Only one more lesson remains until the Summary and Reflection. The next lesson will take everything you’ve learned in this module and show a complete example of the strategies.

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## **Get Started on the Tips in This Lesson:**

Identify a characteristic you need to develop to attain the lifestyle you want and create a plan for its development.