

If my goal is to win an Emmy this year, who will I need to become that is different than now? Write down your answers to the following questions. If my goal is to win an Emmy this year:

1. What will I be thinking about?
2. Who are the people I will know?
3. How do I need to show up to develop those relationships?
4. What skills will I need to have mastered?
5. What will need to change within myself in order to be the person that can win an Emmy?
6. What habits and disempowered thinking do I need to give up?

You start becoming that person today, instead of **waiting to achieve** that goal to become that person.

You have to become that person in order to achieve that goal. You have to break the habit of being yourself. You have to FEEL your result before you create it. You have to feel the feelings that go with achieving that goal. Commitment. Determination. Resolve.

You have to create feelings that are beyond your current circumstance. Today I may feel frustrated because I'm not where I want to be. I'm not going to produce the result of winning an Emmy while feeling frustrated. Your current feelings go with your current circumstance. Those feelings could be hopeful. Uncertain. Cautious. Frustration.

“You cannot think beyond how you feel.” That's Joe Dispenza. So that feeling of frustration isn't going to produce the thinking I need to win an Emmy. Feeling hopeful won't either.

Feeling CERTAINTY could. I could practice feeling RESOLVE. Feeling FAITH is another emotion that I can choose to feel along my entire journey.

We are not used to thinking in this way. That is why it is such a game changer, because you are changing the habit of being who you are, into a version of you that *knows* the goal is done. A person who has a *deep knowing* the goal is done. It doesn't matter when but it's a goal they can live into and allow to shape themselves.

As you fail, as you stumble, as you say the wrong things, as you mess up, get hired, get fired, you relentlessly pursue your Emmy, because you want the growth. You want to evolve into someone who can win an Emmy.

Start with the thinking first. Those thoughts will produce the emotions necessary to get to a goal like that. And from those feelings, you will find the actions.

What actions? You're going to start working consistently on TV shows. You're going to find out what TV shows are submitted for Emmys. And you might pursue working on those shows.

When you think of the impossible goal you want to achieve, commit to it, and then fail your way to it. Keep adjusting your thinking and actions, and notice the results. You'll keep getting closer. Don't worry about how far you have to go, it doesn't matter. What matters is the new thoughts you're creating. You are evolving into someone more capable, committed, and confident.

Say you want to make \$1,000,000 in the film industry over the next few years. When you set your goal and commit to it, it's not about whether you actually get to the goal. It doesn't have to do with the money. It has to do with the skills you'll develop in attempting it.

It has to do with figuring out the challenges, going around obstacles, and the strategic byproducts that come with going after a big, juicy goal. The people you meet, the things you learn about yourself, the hard stuff you have to figure out. All that growth makes it so worth it.

Are you willing, day after day, to show up and go after your dreams?

I hope so. There are many people who have done that with their human life. They have gone after what seemed impossible. And what they learned and who they became in the pursuit of that dream. The dream gave them an amazing life. They turned into an incredible person because of the pursuit of something breathtaking.

I know one thing. If you don't go after your big, amazing goal, you will not grow in the same way. You will not have those strategic byproducts... the money, the people, the skills you learned from pushing yourself. You will keep living a similar life to what you have today. That's what most people do, they keep reliving what they think is in their reach.

I say go beyond what you think is in your reach. Way beyond it. Go for really huge amazing goals like winning an Emmy, an Oscar, making \$1 million in film. Change the thoughts, change the behavior, change the person you become, whether you

achieve the big goal in the end is not as important as who you become in the process of it.

Set a big impossible dream and be willing to work your heart out to achieve it, with plenty of failures, or adjustments, so you can show up as a completely different person by the end of the year, who attempted the impossible.

Here are the steps:

1. Set your impossible goal.
2. Let your brain tell you all the reasons why it won't work. Write down all the reasons why it won't work.
"You're not good enough." "It's too hard." "You're too old." "People don't like you." "You're not smart enough." Spill all the reasons out of your head.
3. Imagine the qualities of someone who would be able to make that goal? What qualities do they have? How do they think differently than you? Would they think the goal is hard? Or would they think it's fun?
4. What kind of person do you need to become to accomplish that goal? What qualities do you need to achieve it?
5. Take all your reasons why you wrote down why it won't work and answer them all. Write down solutions for each reason why it won't work.
6. Take action to fail. Do 20 things that will most likely end up failing, and that's ok. Write down what you're going to attempt to do to achieve the goal. Brainstorm on these things and try them, one by one, knowing they will most likely fail. Keep adjusting your actions.
7. Keep adjusting your thoughts. Notice the old thoughts that come up and answer them with new thoughts all along the way to achieving your goal.