

Colin Powell

"You can be very proud of the work you're doing. I highly recommend your efforts."

BELIEVE IT!

BECOME IT!

HOW TO HURDLE BARRIERS
AND
EXCEL LIKE NEVER BEFORE

PAULA N. FELLINGHAM

Introduction

The doorbell rang one frosty January morning. It was Mom, standing on the front steps with a grin on her face and a package in her hands. She had found our old Family Time Capsule! You see, on New Years Day 1985, our family wrote goals and placed them in a box we called our Time Capsule. The plan was to review them the following January...but Mom lost the box. Now, years later she was delivering the newly-discovered contents to her grown children. I laughed as I unfolded my yellow-stained notes. My laughter turned to dismay as I read my ancient goals. I could hardly believe my eyes! These goals were nearly the same ones I wrote for myself just days before!

Why do we continue setting the same goals for ourselves, year after year?

Believe it and Become It. I reveal principles that empower you to live an extraordinary life; to reach and exceed your every goal. When you internalize the *Power Beliefs*, apply the *Success Strategies*, and use the *Daily Action Plan*, you'll improve and enrich your life in ways you never imagined.

In this book you'll learn ways to create positive change and release yourself from negative thoughts...allowing you to rise above life's obstacles and live beyond their energy-sapping, joy-sucking grip. You'll learn how to reflect joy and confidence in your self-mirror; to create your own happiness *and* light the way for others. Then, as you work toward your goals using positive experiencing and positive crisis (wonderful tools) you'll understand how to exceed your highest expectations. And finally, through partnering, preparation and performance you can become your best self and create an extraordinary life.

This is a book for doers. It is a life-changing program for those who want to thrive, not simply survive. If you read this book thoughtfully and carefully absorb its teachings, then conscientiously practice its principles, you can experience powerful, personal improvement. By using the *Five Pillar Principles* you can modify or change the circumstances in which you now live and take control of them rather than be directed by them. Each of your relationships will improve, and you will have increased influence over everyone in your life's circle. You will enjoy a delightful new sense of well-being, and even increased health. How can I say with certainty that these are the by-products of learning and living the Believe It! BECOME IT! principles? Because I've witnessed amazing results in readers' lives and know these concepts are life-changing.

I invite everyone who wants to live joyfully to join me in the adventure of **becoming** our ideal selves.

The first step? Believe.