

How To Replace Frustration With Patience

Take time to **think** – to **plan** – to **visualize** and to **talk** about my dreams and plans. I have also discovered that **action** should follow the thinking. Every time I go into action without a clear picture of the **big accomplishment** first, my actions become a series of frustrating events.

First – I picture in my mind's eye an organization of 1000's of wonderful people who are winning in business with me – people who are doing it now!

Second – I set a goal to recruit a big number of people for my personal width. This number is **bigger than I can logically believe. I must use fantasy.** I am able to do this only after asking myself the question “What if it **did** happen big – what would it be like then?” (My doubts and fears will stop me at this point – I must conquer doubt and fear. Asking the question helps overcome these.)

Third – I am ready now to start to process by talking about my business plans for big accomplishment with the people around me. Every time I say it – I believe and expect it stronger. My “talk” must be with enthusiasm and expectation of the big accomplishment by using the “I am doing it” language. An example would be “I am recruiting very wide. As a matter of fact, I believe I will have 90 –100 new people in the next 90 days.”

By vividly imagining what life will be like when I accomplish this, I can start to believe it is reality. Anytime I try to figure out **who** and **how** I get realistic. I know at this point I am thinking failure thoughts – I get **frustrated** and lose my patience to go out and make it happen.

When I just imagined it finished, I find that the prospects always come to me or I become more aware of the people who were already available to me. Others hear and see my expectation and my confidence, and they want to be a part of the wonderful things I am doing – now I have help.

My expectations – clearly visualized and openly discussed – give me confidence and make recruiting easier for myself as well as my team.

Keep a clear focus on the big accomplishment.

Expect the big accomplishment.

Plan for the big accomplishment.

Patiently (attitude) work toward the big accomplishment.