



From Survival to Success: Self ACTualization in ACTION **By Thom McFadden, Coach to the Stars**

What is success? Merriam-Webster describes it as: *a favorable or desired outcome.*

What is YOUR desired outcome?

Are you taking steps to attain your desires or are you simply surviving? If you can recognize the difference and are willing to take action, you can propel yourself beyond the act of merely continuing on in the daily grind— to center stage celebrity in the theatre of your life!

As actors on the stage of life, we all portray characters that are either “successful” or not, but we can choose our characters—as many as we need—to fulfill our many roles and achieve desired outcomes in our lives. And after 40 years of professional acting and coaching, I can say with some authority that the same principles and techniques used by actors to successfully portray characters on stage or screen are equally effective in every day life from our personal relationships with family and friends to interactions with clients and co-workers; or more simply put, from the bedroom to the boardroom.

Our personal idea of success varies from person to person, group to group, tribe to tribe—but regardless of what defines our success, our basic needs (notice I didn’t say “wants”) must be met and when they are not; we are simply sustaining our existence—surviving.

Begin with the basics

It doesn’t matter if you’re an Actor, Baker, Comic, Doctor, Parent, Partner, Teacher or Student. You are first and foremost a person and a person’s basic need and urge is to feel good about them self, mentally, physically and emotionally. This need is responsible for our ultimate motivation. Regardless of our immediate objective, everything we do is done to achieve a sense of total well-being. Unfortunately, few if any of us have sufficient awareness to always know what will make us feel really good about ourselves and we cannot possibly feel good and be at peace with ourselves without a significant sense of adequacy and self worth.

All of our goals, hopes and aspirations are based on this fundamental need. The more limited and distorted our awareness, the more misleading and unfulfilling are our efforts. For example, we drink, we smoke, we take drugs, and we pursue and worship sex as if it were some kind of god. We have compulsive needs to win, to be “better than,” to avoid mistakes, to help others, to straighten people out, to accumulate wealth we can never use, to gain power and prestige, to eat all the rich, expensive foods we can stuff into our mouths. We have a desperate urge to love and to be loved, to be accepted and approved, to be respected and looked up to, on and on...

Since our ultimate motivation is our universal need to “feel good”, it becomes our only true measure of success—and thus, our only true limitation to achieving our ultimate objectives. When our awareness is limited and distorted our lives are out of balance. How then do we regain our equilibrium and begin to feel good toward ourselves again? The answer lies in moving out of survival mode and into success mode by embracing and practicing “success intelligence”.

What is success intelligence?

Simply stated, "success intelligence" is this: get smart, think smart, be smart, work smart. How does it work?

- If you're not thinking smart, get smart!
- If you're not being smart, think smart!
- If you're not working smart, be smart!
- If you're not getting smart, work smart!

These steps have a common denominator—what is it?

Action! The command that starts the cameras rolling on set is the behavior that will get you rolling toward successful outcomes. Swift and intelligent Action will get you there with fewer delays and obstacles.

So when you think a situation is going wrong, or realize your plans are not being fulfilled, make adjustments early on. Don't delay to the point where you find yourself completely off course. It's just like sailing. If a 65-degree course is going to take you straight home and you sail one-degree off course, you will find that the longer you wait to make the adjustment, the further away you will be from your destination. Being one degree off can add hours, even days, to your travels—the same is true in life. Don't be afraid to make changes just because it will mean going backwards for a minute. Remember, it was that minute that got you off course in the first place. Take a minute to think smart about it!

The "smart" path to success

Success intelligence is about finding a smart path, **a path that will most quickly and efficiently lead you to success**. A tried and true path to success in the professional world is to find a need and fill it. Find a product or service that will appeal to the most people possible. Here's a famous example of that philosophy at work:

Steve Jobs co-founded Apple computers in 1976 and Pixar, the Academy-Award-winning computer animation studios, in 1986. Apple continues to be a leader in personal computing devices that cater to students, educators, creative professionals, and consumers around the world. Pixar has created half of the top six domestic grossing animated films of all time, including Toy Story ('95), A Bugs Life ('98), Toy Story 2 ('99), and Monsters, Inc. ('01). Each film was released under Pixar's partnership with Walt Disney Pictures and became the highest grossing animated feature film for the year it was released. This is a man who saw a need in society, created a way to fill that need, and did it in a way that appealed to everyone from children to CEO's of some of the largest companies in the world.

The "smart" attitude—A+A=A

A positive attitude results from the elimination of negative thinking. Contrary to popular belief, the cause of negative outcomes is not "bad luck." As you examine your behavior, roles, and hidden agreements, you will learn more about yourself and you will disengage from self-limiting, negative, attitudes. Once you have eliminated those obstacles, you will be on the road to a positive attitude and enlightened state of mind. **A great attitude + A little bit of aptitude = ALL THE ALTITUDE YOU DESIRE!**

Tap your emotions

The positive attitude and enlightened state of mind that you are about to create will serve as your foundation, but in order to accomplish these outcomes—to get to your ultimate destination—you need to know a secret and that secret is that you need a driver. You must tap into an emotional state that will drive you to achieve your desires. I call these emotional drivers your "Chauffeurs to Success".

The Six Dominant Emotions that will Chauffeur you to Success

I have found 6 dominant emotions that people use to drive themselves to success:

- Greed
- Fear of Poverty

- Pride
- Love of Work
- Love of People
- Love of Spirituality

As you will find, some are more powerful than others, and none work unless they are used in moderation and balanced with the others. To drive you forward on your path, identify a need to succeed so powerful, that the changes you are making no longer seem like an effort—this will move you out of survival mode and onto the road to success. Now, **how should you choose your driver?**

The first 3 emotions are what I refer to as the “Dark Triad”. We are naturally attracted to these impulses and if left unchecked they can carry us away like a stream into a waterfall. They are the easiest to fall into and the most difficult to get out of. While this triad will certainly affect our drive to success, neither “greed”, “fear of poverty”, or “pride” should be in your driver’s seat. To emphasize this point, I give you...

Examples of the Dark Triad in Films:

- A Christmas Carol
- Citizen Kane
- Wall Street
- Ed TV
- Capote

Examples of the Dark Triad in Life:

- Howard Hughes
- The stock market
- The rise and fall of dot.coms
- Enron

Nuff said?

Conversely, the second 3 emotions—when equally balanced—can drive you to the heights of happy, content, honest and *balanced* success.

All you need is love

The hard-working attentive, ambitious and awesome drivers of what I call the Enlightened Triad are pleasant to be around, ethical, and balanced. These chauffeurs drive elegant, immaculately tuned, comfortable cars with room for many passengers who will always be treated as they themselves wish to be treated.

Love of work

Known in many fields as artistic impulse, this is the love for expressing your highest capabilities through your work. Psychologists call it the desire for self-expression and maintain that none of us is complete without it. This is the motive that inflames the individual with the untiring effort to create, build, produce—they are driven to success by the joy of creation. Because this all-consuming zeal can create imbalance in other areas of the person’s life, this emotion is better in collaboration. When balanced by the two superior emotions in the triad, Love of work is one of the greatest sources of happiness and success.

Love of people

The successful artist, business owner, or practitioner of any other occupation requiring constant interaction with people, serves people better because they put the desires of their audience and customers before themselves. Loving thy neighbor is not just a religious concept—it is a matter of efficiency, mental balance, and of a well-rounded and successful personality. It is a need of your nature that this love should find expression in daily social contact instead of simply existing in the wishful thinking of an inverted personality. To be effective in almost any walk of life, you must have the inspiration of frequent and adequate social interaction—otherwise, you suffer and your work suffers.

Here is my **Mystic Secret of Success:**

Cultivate a love of people until your greatest desire is to make them happy. When this desire becomes an enduring passion for serving them, you will be DRIVEN to do everything necessary to succeed for yourself. This is the one emotion that is without danger to your mental well-being, the one that is in harmony with the universe and yourself; the one that can subdue conflicted emotions which otherwise lead to inefficiency—the one that will supply the driving force necessary for long-enduring, continued application and inspired effort.

Love of spirituality

Religions, philosophies, discoveries in arts and sciences, political beliefs and all forms of humanitarianism are expressed through some force of emotional action—in other words, through the medium of behavior. Love of spirituality drives your expression through external behavior to get to your internal truth. A person's belief system is one that rings passionately and as we know, passion arouses emotion, imagination, and *drives* us. Before choosing this emotion as your driver, you should look at your own belief system and see how that system negatively or positively impacts other people in the environment, humanity, and the world at large. The fact that others may not share your beliefs should be respected and we should always make sure our driver will positively affect others as well as ourselves.

As previously stated, the key is balance. Remember, you will not be a success if you are working in reverse to hamper someone else's success—so don't have one foot on the gas and the other on the brake! Here's what can happen when we choose enlightenment...

Examples of the Enlightened Triad in Films

- Saving Private Ryan
- Apollo 13
- Chariots of Fire

Examples of the Enlightened Triad in Real Life

- Billy Graham
- Dalai Lama
- Princess Diana
- Oprah Winfrey

Whether it's right or wrong, we admire people who are successful, and have a desire to model them. If you look into the history of any successful person, you will find that their success was due to desire, a positive attitude, and a driving emotion.

Too often, people without formal education think that success is beyond them. However, there are many men and women, who are not highly educated, who are very successful. Success is not a matter of formal education, but rather a matter of desire, attitude, and emotion. **When you are driven to take action, the effort to improve will be a joy.**

The power of believing

There's a quote I love, that says, "If you don't change your beliefs, your life will be like this forever." Is that okay with you? Or are there some changes that need to be made?

The empowered personality that you **must** portray in order to succeed comes from an **enlightened state of mind**. When you are in such a state of mind—**present—positive**—and **possessed**—the decisions you make will reflect it. The more I study, write, teach, coach, and direct, the more I'm **convinced** that a great attitude, positive belief system, and self-confidence will allow you to consistently succeed

To get a great attitude, you must become aware of, and learn how to control, your self-limiting beliefs: **Fear, Your Inner Critic, and Self-Talk**. Let's begin, with fear.

You've nothing to fear but...Fear

Oscar Wilde said, "It is what we fear that happens to us." Let's learn to **use fear as an empowering emotion** instead of as a stop.

Fear can be a self-limiting emotion when it is used as an excuse to stop moving forward. A good example of fear as a limitation— two boys playing football: When an opposing player kicks the ball, one boy thinks to himself, "I hope he kicks it to me! My family is watching, I feel great and I know I can run for the touchdown!" The other boy is thinking, "I hope he doesn't kick it to me. I'm not ready yet and I just know that I'm going to fumble. Please, God, don't let him kick it to me!"

One boy has faith in his abilities and is hoping that the ball will be kicked to him. Because of his self-esteem and great attitude, he believes he will catch the ball and run it back for a touchdown. The other boy is frightened of his abilities, and is hoping that the ball won't be kicked to him because he's afraid he'll drop it. This is not to say that the boy who runs for the ball is not afraid. The major difference is that he uses his fear as momentum, to propel him down the field, risking the chance of a negative outcome in pursuit of a positive one. The other boy allows the fear to stop him in his tracks, eliminating any chance of success.

Fear is an emotion that is good, when combined with a positive belief system and a great attitude. For an actor, fear is a healthy, natural reaction that helps him anticipate what is coming next, confront it, handle it, and continue on toward the goal. Fear places you in present time, reminding you that **you are in the here and now**. Waiting for his entrance from the wings, the actor must place himself in the upcoming scene, run through its events in his head, and prepare himself emotionally before taking the stage. The actor, backstage, is full of anticipation, charged with adrenaline, and yes—he is afraid. That fear will drive him throughout the scene, making him alert, and ready for whatever happens next on that stage. Without it, he will be unready, unprepared, and unable to react to the events that unfold. Fear is one of the emotions that will drive him to a positive outcome. If you replace the word "fear" with "anticipation," it will change into a positive emotion; that will stimulate your imagination and drive you to win!

Simply trying to "fight" natural human responses such as fear is rarely effective. Instead, you must use your awareness of them as a tool to empower you.

Befriend your Inner Critic

Similar to fear, self-limiting beliefs are also created by your **inner critic**. This internal voice talks you out of going after things that you know **you can do, you can have, and you deserve**. It is inspired by the voice of someone who has told you that you can't do something—a family member, a friend, a colleague, or someone else close to you. These are people who believe they are looking out for your best interests, and are keeping you from getting hurt. But people like this, who are overly critical and believe they are helping you, are not aware of the psychological damage that is being done when they say things like:

- "You can't sing!"
- "Your brother is smarter than you."
- "You'll never make it."
- "That kind of thing should be left to the professionals."
- "Giving up would be the practical thing to do."

These are examples of **external garbage** that creates your inner critic, making it the voice of opposition that prevents you from taking action. Once created, you feed it, by agreeing with it—allowing it to stop you from moving forward.

Your inner critic exists, because your subconscious believes that it's your protector, for better or worse. Throughout your life you've programmed your inner critic through your beliefs, environment, upbringing, and social circumstances, to resist significant changes. Therefore when confronted with any kind of change, it believes it is protecting your vested interests and keeping you from getting hurt—kind of like mom. It truly thinks that it is right.

When you start to make changes in your life and your critic questions your actions, **what should you do?** Most people think they have only two choices: fight it, or let it stop them from moving forward. Here's a better way to win.

When you are alone, in communion with yourself, preparing to make dramatic changes in your life and your critic begins to stop you, ask it to cut you some slack. Instead of fighting it and defending yourself against it, **befriend** your inner critic. Tell it that you know it is looking out for you and trying to protect you against pain, but to please let you move forward this time. Tell it—this is a change that **needs** to be made and action that **needs** to be taken, to reach your goals. Negotiate with the inner voice that is keeping you from taking the risk to go after what you desire in life. Ask it for some cooperation. For instance, an actor will find lures to trick his inner critic and stimulate his imagination. His imagination will then turn the changes he's making into a fun game resulting in positive outcomes. You can do the same!

Most people, unfortunately, follow their first instinct - which is, to **kill the voice**. Wow—let's find a kinder, gentler way of winning! Besides, it takes far too much time to fight your critic, who is well armed from a lifetime of reasons **NOT** to change. You **cannot** ignore something that is much bigger than **you—Your** subconscious. Trying to silence your inner critic only shuts **you** down and paralyzes you. And when that happens, you will be unable to move forward. It's like walking in cement—the longer you pause the harder it is to get moving again. In a state of paralysis, your critic will easily overpower you and all of the positive steps you have taken will be undone. You will soon believe that it is impossible to reach your dreams and will give in and stop. **Keep moving!** You may fall down, but at least you will be moving. You must get up again. Don't stop! Don't get stuck in the cement!

Like fear, the inner critic is a powerful force that—when harnessed with a positive attitude—can inspire you to get up, dust yourself off, and **keep moving forward**.

Don't be your own worst enemy

While your inner critic acts as a pre-recorded tape of pessimism, **self-talk** is the internal dialogue that results.

Along with your inner critic, self-talk is a constant, running dialogue in your conscious and unconscious mind that can be self-limiting unless you become aware of it, and use it to empower you. Negative self-talk can come from inside of you, or from the outside world and the given circumstances. **We** are the results of how **we** see ourselves, how **we** communicate with ourselves, and how **we** have been programmed. Success intelligence requires that we be aware. **Who** and **what** is programming **your** brain? Surround yourself with people who validate your beliefs and encourage your ideas, so that they can help you reach your positive outcomes. If we allow others to make our decisions for us, we become voluntary slaves.

Wilder Penfield said, "Every thought you've ever had is stored in your brain and remembered forever!" Fill that storage bin with positive thoughts!

The mind does not make value judgments about the information it is programmed with. When garbage has been programmed **into** the unconscious, the outcome will be garbage!

GARBAGE IN = GARBAGE OUT

Here are some examples.

GI (Misinformation)

1. Actors are fake.
2. Big men don't cry.
3. The Jones' are clumsy
4. To be an actor you've got to have **IT**

GO (Limited Behavior)

- You feel uncomfortable about acting
- Men develop stress-related illness
- Bill Jones is clumsy
- Lots of people miss out because they think they don't have **IT**

Internal Negative Self-Talk includes statements like:

"How could I be so dumb?"
"What's wrong with me?"
"I'll never be able to act like a professional."
"I won't get far without a college degree."

What happens if you accept this negative self-talk? **EVERY** statement you make to yourself programs your unconscious mind, and creates a belief system. By accepting negative self-talk, you **shut down** and become ineffective in life. You lose your passion to succeed, excel, compete, and give back to society. By **consciously** becoming aware of your self-talk, you will rekindle your passion for life.

Know thyself

Creating a positive attitude and enlightened state of mind requires a healthy **self-image**. Beginning with the basics; explore the facets of your identity which is composed of **the specific roles** you play in life. The more specific roles that you identify yourself in, the more power you are feeding into your identity. Be more than just one of the flock. We are born as **humans** and are **beings** until we die. We don't have to do anything at all to maintain that identity—not a single thing. But to be successful in the personalities that we portray, we **must** see ourselves in those roles. **You** are a man or a woman. **You** are a mother, father, brother, sister, artist, aunt, uncle, teacher, student. **You** are a leader. You portray many diverse and wonderful roles in life, so write them down—**NOW!** Take ownership of everything that you are!

Now, visualize the role you'd like to play, and then identify the character you need to portray, to succeed in it. In the bible, when Moses asked God who he was, he identified himself as the one called "I AM!" Once you have accepted with certainty, your "I AM", you will be able to create characters that will empower you. Having a clear, specific sense of your identity, is one of the keys to creating the positive self-image that will drive **you** to success!

Love thyself—the way you would want someone else to

Key to how you feel about your identity is **self-esteem**. Whereas self-image is defined by a certainty of your identity, self-esteem is **how you feel about yourself**, based on your individual sense of personal worth and importance. Self-esteem is rooted, in the unconditional acceptance of yourself.

Since your self-esteem is a feeling, rather than a cut and dry inventory of assets, changing it, requires exploring the factors of your awareness that caused the feeling. You **must** reprogram yourself to maintain an **active observation** of your behavior, thoughts, speech, needs, actions, emotional reactions, moods, and attitudes. Only then, can you make meaningful progress in expanding your awareness. During this process of self-exploration, if you're honest with yourself, and refuse to buy into self-blame, you will soon identify the negative beliefs and behaviors that are the source of low self-esteem. This will ensure that the characters you portray will be built on a foundation of high self-esteem.

People often blame their negative outcomes on low self-esteem. It has become the catch-all phrase in the blame game. "I have low self-esteem because of my lousy childhood.", "My parents told me I'd never be good enough, so I never will be." People buy into that garbage, and allow it to be a stop. Inadequate self-esteem is basically a problem of awareness. It results from a mind that has been programmed by false and distorted concepts, and has thus developed a lifestyle that feeds one's feelings of inadequacy, futility, and sense of personal unworthiness. Sticking with these distorted values, generates a desperate and compulsive need to be "better than," a compulsion that is the root of our personal and social problems.

The following are significant factors of awareness that not only cause low self-esteem, but more importantly, a crippling sense of inadequacy, anxiety and frustration. Recognition and understanding, however, make it possible to eliminate these undesirable traits. Let's shine a light on low self-esteem!

We feed low self-esteem by:

- Lack of FAITH in our environment, our society, and ourselves.
- Lacking a sense of purpose in life and thus, clear-cut goals and objectives to guide our actions.
- Depending on others for our sense of self-worth.

- Failing to accept complete responsibility for our life and outcomes.
- By not taking chances in our life and searching for enlightenment.
- Habitually feeding an addictive personality through self-indulgence and lack of awareness.
- By playing the victim and failing to recognize that **you deserve** to be successful.
- By requiring the "permission," confirmation, and agreement of others before taking action.
- By allowing your inner critic to shut you down, indulging in self-blame, shame, guilt and remorse.
- Failing to develop our "I AM" personalities and taking responsibility for our actions.
- Not allowing ourselves to look at life with a sense of humor or getting in touch with our funny zone.
- By being overly critical of others.

It eventually comes back to you

What then, can **you** do? By **recognizing** that **you** are feeding your low self-esteem, using any of the ways that I just listed, you have already won half the battle. You have made yourself **AWARE**, of the empowering changes that **you need** to make to better yourself, and your life! Congratulations!

Why you need to nuke the victim character

There are some long-term effects of low self-esteem that you need to be aware of.

A most damaging effect of low self-esteem, is that it's often passed from generation to generation—from great grandparent to grandparent, from parent to child, ad infinitum, increasing in both number and severity in a tragic chain reaction.

Low self-esteem contaminates our offspring like a deadly virus, for we are the role models for our children. They quickly sense our lack of self worth. A child is liable to think: "I feel like my parents are losers—inadequate and unworthy. How then, can I possibly be any good?" Parents instill in their children the same false and distorted **values, beliefs, and assumptions** that generated their **own** low self-esteem. Thus, they subject their offspring to the same damaging attitudes and behavior. Monkey see, monkey do! Be a model monkey!

When working with an actor in creating a character for the stage or screen, one of the first things that I encourage him to find out, is the character's level of self-esteem. Actors commonly feel that the character with low self-esteem is more interesting, daring and complex to play, than the character with high self-esteem. The character with low self-esteem is easier to play, because we live in a flawed society, surrounded by many flawed characteristics that the actor can draw upon. Like in life, it's easy to play the role of the victim—"So I'm a loser... I can't do anything about it." Most of our society is walking around, languidly portraying flawed characters. Eliminating the word "Can't" and replacing it with "Action!" will propel you forward to make changes. By doing this, you have just handled another big chunk of your low self-esteem, by acknowledging that you **CAN** take action and make a difference in your life. You are now in the process of destroying your victim character.

In acting, there exists the false belief that you have to suffer in order to reveal your vulnerability. I've seen many actors self-destruct because of the great lengths they've gone to "for their craft." Most actors buy into this myth, emotionally and physically torturing themselves, believing it will earn them the right to be a star. When in reality, the characters they create are victims of low self-esteem.

Actors believe it is better for their craft to abuse themselves using drugs, alcohol, sex addiction, etc. The truth is—you don't have to suffer to be a great actor or a great anything! The belief that you have to suffer, is a myth perpetuated by the public, and society. Instead of rejecting the myth, we applaud it: "Oh, he's an eccentric artist... That's the way they are." Actors buy into that, and therefore it's not seen as a problem. In reality low self-esteem is the weakest, most destructive foundation that ANY character can be built on. Creating empowered characters to portray **WILL BREAK THE CYCLE OF LOW SELF-ESTEEM!**

It's a learning process for an actor to play characters with high self-esteem, because it is more difficult for them to find role models to emulate. Ultimately, the good actor finds it a rewarding challenge because it increases his own self-esteem.

The talented actor will find a way to reveal hope in the character with the **lowest** of self-esteem. That's why we applaud and cheer, when the character he is portraying, rises out of his low self-esteem victim personality, and becomes a winner! Again, our basic need is to **feel good** about ourselves, and we have an instinct to do whatever it takes to accomplish it.

Deliberately and conscientiously building self-esteem is the best way to approve and feel good about ourselves. The more we **educate** ourselves about the all encompassing effects of low self-esteem, the closer we will be to busting out of our comfort zones, and building **a winning character** on a foundation of high self-esteem.

When coaching, I encourage actors to take inventory of their personal store as a way of stocking their self-esteem. Now, you need to do the same. Becoming aware of your assets is a powerful method of self-exploration and a great way of building high self-esteem. As the saying goes, "If you've got it, flaunt it!"

Now, **I encourage you to take stock of what your store has to offer.** What do you need more inventory of? What needs to be reordered? The way to create product for your store, is to have a great attitude, a positive self-image, and high self-esteem. The individual who is working on himself, is constantly nurturing the goods in his store, growing as an individual, and finding ways to give back to the community. High self-esteem results from accepting complete responsibility for your actions.

Self-esteem is literally a matter of life and death, therefore it is absolutely essential for personal happiness, and a rich enjoyment of life, to feel good about ourselves, in spite of our negative outcomes. The greater our self-esteem, the better we will feel towards our environment and ourselves.

Here are some simple, fun ways to fuel your self-esteem and confidence:

- To begin with, don't overanalyze ideas—analysis causes paralysis!
- Go to bed and dream about the solution. Tell yourself that you will remember the dream when you awaken.
- If you're still stuck, be flexible. Flexibility is the key to overcoming obstacles quickly and moving on.
- Ask the question a different way, and if necessary, get a second opinion.
- Have faith in yourself.
- Be courageous, persistent, and above all, don't be afraid to take risks.
- Use fear of change as the anticipation that propels you forward.
- Challenge the rules! Feed your inner rebel!

ACTION!

Ask yourself what will happen if you take action. See yourself there—taste it, smell it, feel it, hear it! Don't worry about mistakes or being wrong—**there are no mistakes, only outcomes.** And above all, stop being overly critical of others and their ideas—you are only preventing yourself from reaching your goals. Get rid of your excuses. Stop playing the victim. **There are no failures, only outcomes!** Now that you are feeling confident, let's keep the positive cycle going!

Seeing yourself in a positive light and accepting your self-worth builds self-confidence. **What happens when you have confidence in your judgment and abilities?**

- You will have the courage to venture.
- Having ventured, you will succeed.
- Having succeeded, you will gain more confidence.
- Having more confidence, you will continue to succeed.

What a wonderful cycle! A great attitude, the courage to venture, and a positive belief system will ultimately lead to increased self-confidence.

There is a quote in the bible that states, "For as a man thinketh in his heart, so is he."

That means: You are what you think.

So think: "I AM success!"

As an actor, I once portrayed a surfer for a movie role. Being a country boy from East Texas, the closest I had ever come to surfing was standing up on a sled pulled by a mule. Coached by a world champion wave rider, I got up successfully many times during rehearsal. Then, when the director called "Action!", I paddled fast and caught a wave just right, getting up with perfect balance. I was confident that I wouldn't fall because my coach was right next to me. Suddenly I realized that my coach had not caught the wave with me and I was riding on my own. Then what do you think happened? WIPEOUT! I had no confidence in my ability to balance on the surfboard without my coach there. So, I negotiated with my inner critic, asking him to cut me some slack and allow me to get back on the board and ride the wave. Instead of quitting, I knew that if I just kept getting up, over and over, I would eventually succeed. I did eventually catch the perfect wave and we got the shot!

Confidence, like enthusiasm, is contagious. If you radiate confidence, others will believe in you. I love the phrase, "Every day in every way, I'm getting better and better." Say it long enough, and you will believe it—you **will** get better and better!

Get smart and take your "success intelligence" with you into every situation you encounter in life. Remember you are a work in progress and you need to be constantly AWARE and taking ACTION.

For more on how you can think smart, work smart and live smart—NOW, visit me at www.lifestand.com

Be Bop!
Thom McFadden