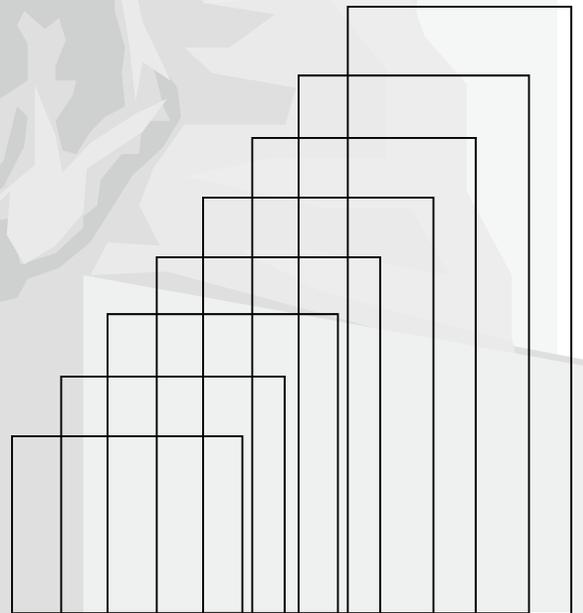


MY LIFE'S *BLUEPRINT*

“...The people who succeed and do not push on to a greater failure are the spiritual middle-classers. Their stopping at success is the proof of their compromising insignificance. How petty their dreams must have been!”

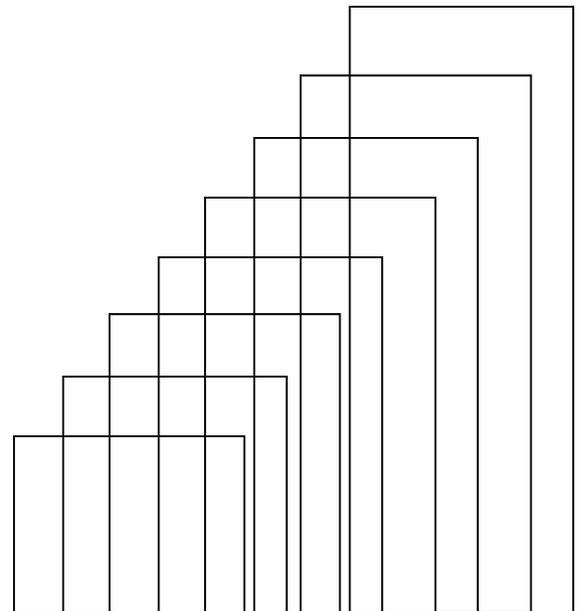
Eugene O'Neill



WRITE DOWN WHERE YOU ARE GOING OR BE WILLING TO SETTLE FOR WHATEVER YOU GET OUT OF LIFE.

An independent study found that only 5% of the people in the United States reach financial security by retirement age. The only difference that could be found between the 5% who were secure and the 95% who needed help were written-down goals. The 5% had a PLAN!

IT'S YOUR CHOICE!



DEVELOPING YOUR OWN VISUALIZATION SKILLS

Here are some suggestions for getting your goals into your subconscious mind. Pick a quiet time every day where you can lay back and totally relax. Use soothing music, self-hypnosis or whatever method works best for you. Get your mind totally blank. With your eyes closed picture a hand pulling a movie screen down in front of you. Picture the goals you want to achieve on that screen. Feel yourself already achieving those goals. Let your subconscious know that this is exactly what you want.

You may picture yourself in a new car or accepting a trophy for an outstanding achievement. You may picture yourself in a new home or a beautiful retirement cabin. If it is a new home you picture, feel the plush carpet, see the beautiful landscape view from the windows, feel the warmth of the fireplace. Make it a complete experience! Vividly image the things you want.

After your relaxation period is over, review your written plan for achieving your goals. This method will set your subconscious rolling on reaching those goals. Your subconscious is your slave, but you must show it exactly what you desire through visualization and planning.

We also recommend that you take time to read any books you can get about the subconscious mind and how it works. You can learn how this magnificent, intricate mechanism will work for you.

Remember, IT'S YOUR CHOICE.

IN 20 YEARS I PICTURE MYSELF:

BEING:

DOING:

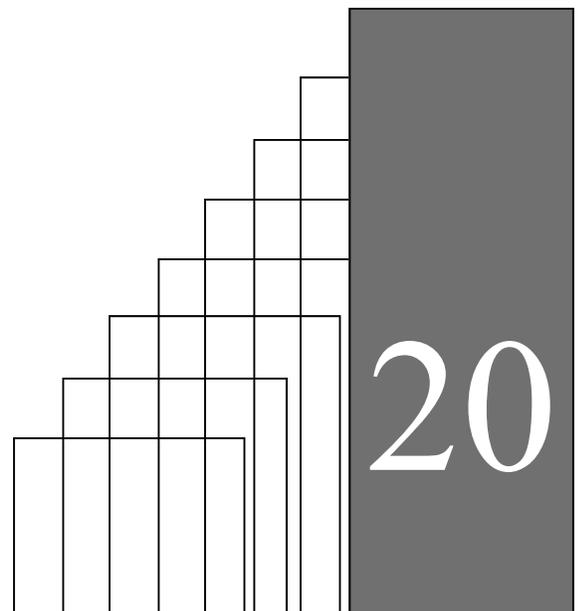
OWNING:

ACCOMPLISHING:

20 YEAR PERSONAL GROWTH PLAN

What will you do to strengthen your body mind and image over the next 20 years? You are the greatest asset you own, so work hard on yourself and it will be the greatest investment you ever make.

*Check each box only after you have written a PLAN to carry out each picture.



IN 15 YEARS I PICTURE MYSELF:

BEING:

DOING:

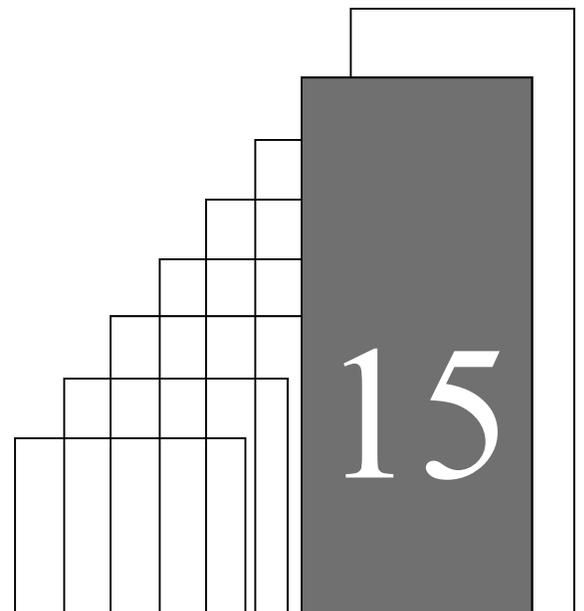
OWNING:

ACCOMPLISHING:

15 YEAR PERSONAL GROWTH PLAN

What will you do to strengthen your body mind and image over the next 15 years? You are the greatest asset you own, so work hard on yourself and it will be the greatest investment you ever make.

*Check each box only after you have written a PLAN to carry out each picture.



IN 10 YEARS I PICTURE MYSELF:

BEING:

DOING:

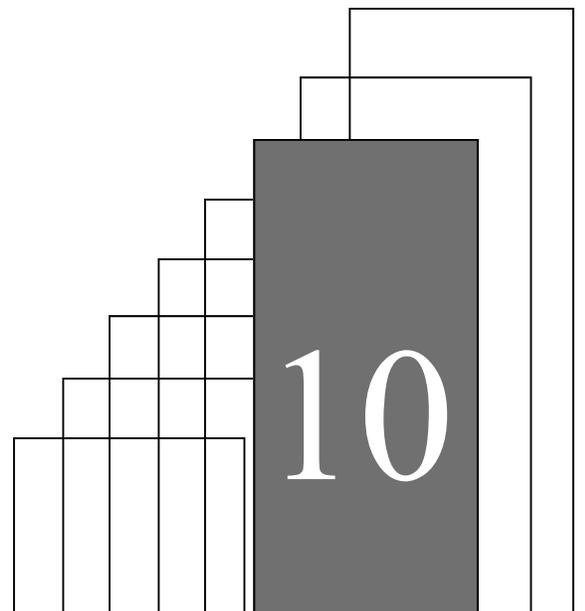
OWNING:

ACCOMPLISHING:

10 YEAR PERSONAL GROWTH PLAN

What will you do to strengthen your body mind and image over the next 10 years? You are the greatest asset you own, so work hard on yourself and it will be the greatest investment you ever make.

*Check each box only after you have written a PLAN to carry out each picture.



IN 5 YEARS I PICTURE MYSELF:

BEING:

DOING:

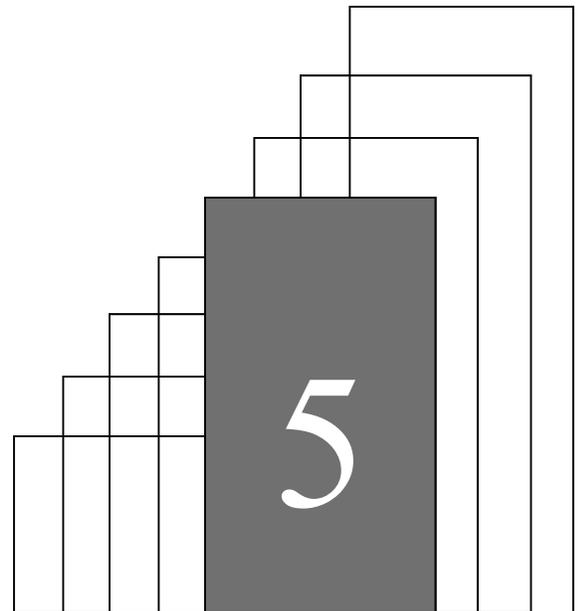
OWNING:

ACCOMPLISHING:

5 YEAR PERSONAL GROWTH PLAN

What will you do to strengthen your body mind and image over the next 5 years? You are the greatest asset you own, so work hard on yourself and it will be the greatest investment you ever make.

*Check each box only after you have written a PLAN to carry out each picture.



IN 1 YEAR I PICTURE MYSELF:

BEING:

DOING:

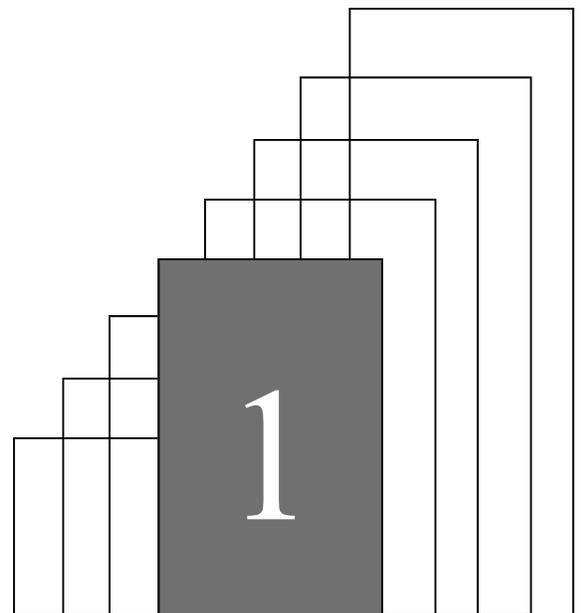
OWNING:

ACCOMPLISHING:

1 YEAR PERSONAL GROWTH PLAN

What will you do to strengthen your body mind and image over the next year? You are the greatest asset you own, so work hard on yourself and it will be the greatest investment you ever make.

*Check each box only after you have written a PLAN to carry out each picture.



IN 6 MONTHS I PICTURE MYSELF:

BEING:

DOING:

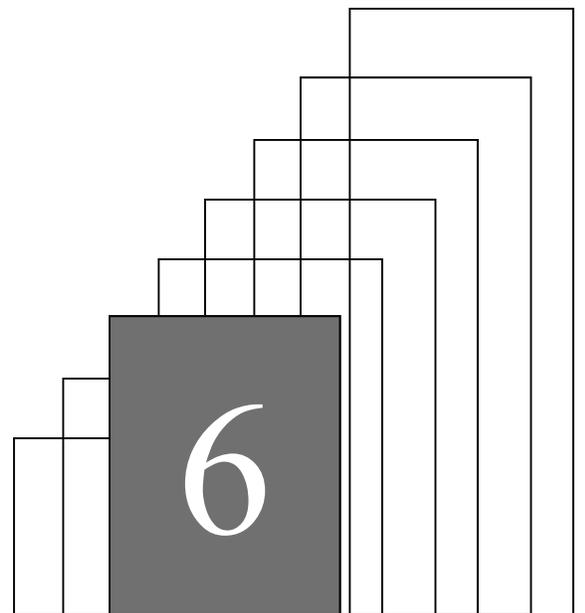
OWNING:

ACCOMPLISHING:

6 MONTH PERSONAL GROWTH PLAN

What will you do to strengthen your body mind and image over the next 6 months? You are the greatest asset you own, so work hard on yourself and it will be the greatest investment you ever make.

*Check each box only after you have written a PLAN to carry out each picture.



IN 90 DAYS I PICTURE MYSELF:

BEING:

DOING:

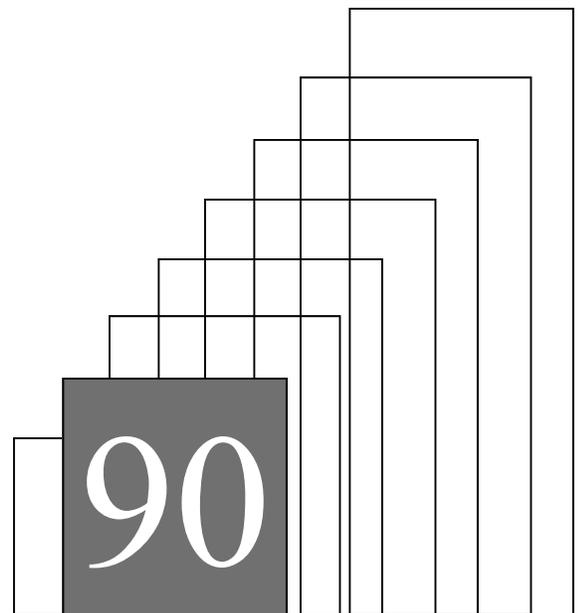
OWNING:

ACCOMPLISHING:

90 DAY PERSONAL GROWTH PLAN

What will you do to strengthen your body mind and image over the next 90 days? You are the greatest asset you own, so work hard on yourself and it will be the greatest investment you ever make.

*Check each box only after you have written a PLAN to carry out each picture.



IN 60 DAYS I PICTURE MYSELF:

BEING:

DOING:

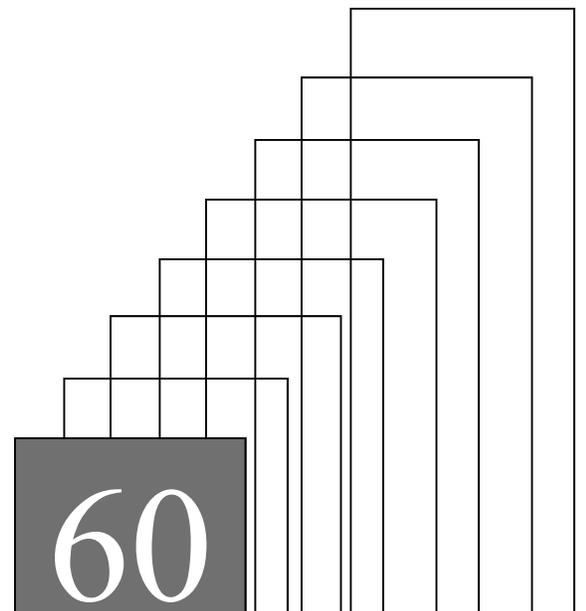
OWNING:

ACCOMPLISHING:

60 DAYS PERSONAL GROWTH PLAN

What will you do to strengthen your body mind and image over the next 60 days? You are the greatest asset you own, so work hard on yourself and it will be the greatest investment you ever make.

*Check each box only after you have written a PLAN to carry out each picture.



A FORMULA FOR CHANGE

You would not dream of building anything of importance without some idea of what you wanted, would you? The drawing or sketch you would create is called a blueprint. No matter how rough it is, it lets your mind see what you want. Your mind can then go to work developing the final plan while you get the project started. This is the only way the picture can become a reality.

Remember, a house is built one brick or board at a time. Your life is built the same way. If you don't have a blueprint for building and you add a brick or board at random, your building would never become anything more than a disarray of brick and wood. This would be disastrous for you, don't you agree? How many people do you know whose lives look like that?

It is a fact that only 5% of the people in the greatest country in the world wind up their working days and retire financially able to take care of themselves. 95% of the people in the United States do not plan their lives. They merely accept what is given to them.

The final product from any plan is most often better than the first drawing because the vast creative power of the mind pulls in all the facts and improves upon them. The part of the mind that does this is called the subconscious. It is, without a doubt, the greatest creation on the face of the earth. Not only is it the thing that separates man from animal, it is also the very foundation of creation itself. Its power is without limit. There are many fantastic and informative books about the power of this great tool that we all possess. The point I am trying to make is since you have this great tool at your disposal, you may as well learn to use it.

Have you ever gotten anything that you *really* wanted? Of course you have! As a child you wanted things. You dreamed of your first cap pistol or doll, and lo and behold, you got it! Then, you wanted a bike—and got it! As you grew older it became a desire for a dress or a certain model of car. Up to a point, you dreamed and wanted and received a lot of things. Think about that.

Then, a strange thing happened. You matured and realized, or were told that you could not have all the things you wanted. Someone may have told you this because they didn't get anything, and thought they couldn't get anything. That's why they figured that you couldn't either. They also may have told you it was because you were the wrong color or age or sex or lacked the right education or a thousand other excuses.

This may come as a shock to you, but you are totally responsible for yourself. In fact, you are the only person who has ever denied you anything. It will get you nowhere to blame anyone else.

Fantastic achievements are within your reach if you will only write them down and make your plan. We beg you to want more out of life and would feel honored if you would let us help you to reach out and get more. We want to help you throw off the shackles you have placed on yourself, tear down the bard of self-doubt you have thrown around yourself, help protect your ego and lose your fear of failure. Once you can cross the moat without fear of what lies in the murky waters below, you can start a new life. You no longer fear failure. In order to reach for success, you must not fear failure. Success and failure walk hand in hand, just inches apart. When you chart your own course, you start to lose your fear. You can then take that first step across the moat unconcerned about what lies below because you have your eyes on a star!

You must understand, though, that many people would like to see you fail because they are afraid to step out and seek new ventures for themselves. They say, "What if you fail?" We say, "What if you don't fail?" It takes a big person to be happy over someone else's success. Big people are usually those who have charted a course in their lives and can relate to your excitement.

The first step to creating a blueprint for your success is to think about where you want to go in various lengths of time...30 days, 90 days, 6 months, 1 year, 2, 3, 4, or 5 years. What do you want and where do you want to go? What dreams do you have for yourself? What turns you on? What is worth committing yourself to as a goal? We, at **Champions Unlimited**, have seen many people turn from turtles into rockets almost over night! These are often people who thought the world was for everyone else to enjoy.

We are all alike. We can all dream and want. The difference is not more than having a plan to accomplish those dreams. We know that sounds too simple, but it is true. We want to help you reach your dreams. We want you to expect more from life. We have no greater reward than the letters we receive from happy people who say, "Thank you, it works!" "My life now has direction." "I sleep like a rock and work without tiring because I know where I'm going!" We relish the fact that we had a part in the day that turned your life around.

If you haven't thought about your future success, we strongly recommend that you do it now! How do you picture yourself now? How do you picture yourself in six months or six years? What will you have? What will you be? Without a picture of what you want to be, your subconscious mind cannot lead you anywhere. You are like a ship without a rudder. You float and are blown around by chance winds and storms. Who knows where your destination will be?

You can arrive at many ports in life. Some are bad, many are average and a very few are excellent. The odds of drifting into an excellent port are extremely unlikely. Please don't end your life having been a part of someone else's goals. 95% of the world does that.

Take some time to dream of where you want to be at the end of the time periods in our Blueprint for Success. Take a day, or longer if you like, to let your mind wander. Determine exactly what you want out of life. If you don't know exactly, make an approximate plan so you will at least have a direction.

We caution you not to begin with goals that are too high. Make them just high enough that you have to make an extra effort to achieve them. No goal is too small to write down. The smaller goals will help you to build a picture of your larger goals. The size of a goal is not as important as the habit and self-image you develop as a good setter and achiever.

You have been using this system of achieving goals all your life with certain limitations you have imposed on yourself. By taking the system one more step, you can remove those limitations. Take your wants and wishes and make plans of how you can achieve them. The formula that pulls the system together is: WANT...PICTURE...PLAN...GET! With this formula, you can begin setting goals for yourself today.