

**Blogs to fuel within you the motivation,
confidence and perseverance to achieve
your goals and live your dream life**



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Enjoy and Be Motivated to Reach Your Goals

Introduction

Blogs is a universal language these days. Practically everybody writes blogs – so many people have so many things to say about so many topics.

I am one of the many.

I use the very powerful tool of blogging to spread my knowledge; to let others know what I have learned and experienced so they, too, may be inspired and motivated to better themselves.

The compilation of 20 blogs here have been carefully selected from my [confidence blog](#) to serve as a tribute, a way of acknowledgment, to the authors and teachers of numerous self-help books who have led the way for us all to have the confidence, the courage and the motivation to learn their techniques so we may follow our own dreams and through their learnings make our dreams a reality.

Thank you.

Hani Al-Qasem

Keep Your Brain Alive

A few people go to the gym regularly to work out and keep fit.

Although some might find it boring to exercise with weights, even more so if they keep to the same routine three or four times per week for months, they still go to the gym, whether during the week after a full day's work or at the weekends.

Others might find it boring to run indoors on a treadmill staring into thin air for an hour or so every day, or to swim so many lengths, or to take a brisk walk in the cold or rain.

A small percentage change the routine to exercise other parts of the muscles or to influx some excitement, inspiration and challenge.

However, most of us stick to the same routine – week in and week out, perhaps for months on end.

We do so because we realise the importance of exercising our muscles, our body, whether we like it or not and whether it is tediously boring or not.

Many also understand the importance of maintaining regular exercise in the long term. We understand the concept that when we stop exercising our muscles atrophy; in time the firmness, that we worked so hard for countless hours and months to achieve, simply fades.

All the hard work at the gym becomes fruitless.

So what do we do? We keep exercising to keep the muscles firm and toned.

The same can be said of our brain; that three pound, tremendously powerful mass of incredibly ingenious supremacy.

It is important to grasp that this impressive bundle of neurons also behaves just like a muscle.

It, too, needs to be exercised. And if it is not exercised enough, it will also weaken and shrivel: its abilities will decline. In time, amnesia will set in.

To keep your brain healthy and alive, it must be challenged on a regular basis. And you do so by reading books and magazines, by mingling with successful, optimistic and positive and [confident](#) people. Expand your horizon by attending seminars and workshops of all sorts, go to evening classes, do crossword puzzles, play Trivia, and so on.

Keep that brain of yours alive.

If you were to constantly challenge your brain to keep it healthy, alive and in good condition, what activity would you do?

What Character Would You Like To Act?

At times, I am amazed at how actors can skip from one role to another – from a fantasy comedy character to a vicious gang leader – and they seem to step into the relevant characters with total ease.

At least that's how it appears to us.

Although, in reality, they probably practised and rehearsed each role for as long as it took until it became second nature to them.

I believe that everyone has a dream that they want to accomplish in life.

Some do not achieve their dreams because they perceive them to be unachievable, whereas others start down the road of actualisation, but have the tendency to quit somewhere down the winding road, especially when they face a few setbacks or run into barriers along the way.

Firstly, no realistic dream is unachievable.

Secondly, setbacks can be challenged and learned from, and barriers can be removed.

For example, a highly successful marketing executive had long dreamed of sitting in the director's chair. The dream had remained on the starting block for years. Always ready but lacked the 'set and go'.

This all changed when one day he grew tired of the long wait.

He finally decided that he would take the starter gun, fire it and get himself off the block. He had been 'ready' for too long. Now it was time to get set and go.

He decided that it was time for him to learn all that he could about that 'director's role'. He went on to learn his 'script' – by researching and reading as much as he could about that role.

He went further by acting as if he was living that dream as the marketing director.

He watched and studied the director's actions and behaviours.

Every night, after supper, he would wear his best suit and stand in front of his full length mirror and play the part of a marketing director.

He played that role with as much enthusiasm and [motivation](#) as he could muster.

He made it so real, so convincing; his confidence, his way of thinking, feeling and acting was in line with the character he wanted to become.

This character preparation, this role rehearsal, in time paid off.

By broadening his scope of thinking and learning, he became confident in his new character. The preparation for actualisation materialised.

If you were to choose a dream, your own personal movie, that you would like to play the lead role in, what character would you like to act, who would you like to be?

Lead to Improve

All great leaders have one particular great quality that, perhaps, stands out further than the others, and that is: **they all have a vision.**

Their vision could vary and be as widespread as from leading a company expansion or merger to creating a happy home environment.

A CEO from a well-established company led the expansion of his own company three times within a few years of its establishment.

Yet he constantly faced a lack of leadership in his ability to create magic moments with his two young children.

On his way home one night, standing in the aisle of a very busy train, he overheard the ending of a conversation between two friends that got him thinking.

He folded the newspaper he had been reading and reflected on his thoughts:

I learned to be a leader because I was quick to realise and accept that every challenge had presented me with an opportunity to grow.

At that moment, a personal vision came to him. He decided to commit to spending at least one high quality hour with his children every night, no matter what.

He would read to them, have fun and play with them, and be the parent that put them to bed. Whatever he saw he wanted to do to get closer to his children and build that all-important bond.

If you were to take the lead to improve on the quality in one specific area of your life, what one action are you prepared to [commit](#) to for the next three months?

Separate Champions from Wannabes

Think for a moment; what do you suppose is one of the qualities that separates **real champions** from 'wannabe champions'?

What do you think a champion does when he or she loses their focus, when they're interrupted, distracted or even experience a setback?

And what does the wannabe do in a similar situation?

The wannabe champion considers interruptions and distractions as great opportunities to quit and move on to do something else, perhaps doing something that he considers a little more fun and enjoyable.

And he or she will look at setbacks as reasons not to pursue their objective or goal.

The champion, however, dusts herself off and rejoins the game; recommits herself to [actively chase](#) her purpose undaunted.

She learns the relevant lessons from interruptions and setbacks and continues to strive to win.

Have you lost your focus and concentration?

Do you see yourself as a **champion** or a 'wannabe'?

Remember to always recommit and get back on track at your earliest opportunity.

Recommit and refocus!

Success Gone Astray

What do you think success is? How would you describe victory? What is a triumph for you?

All of the above – success, victory and triumph – are achievable!

You are successful every step of the way.

Your success could be manifested in the present moment, or it could be a success that has gone a little astray, yet it still is success.

Some people may call it a failure. I prefer to call it success gone astray.

Why? Because this so-called 'failure' will undoubtedly bring you one step closer towards actual success.

This supposed failure brings with it a great opportunity for feedback.

You can learn why that approach did not work, and, in doing so, you have been successful at discovering a way that did not work.

Take on board the [winner attitude](#) by viewing every action that doesn't go your way as a learning lesson, as a successful step forward.

Learn all you can and move on to the next successful step.

Be happy that you are closer to accomplishing what it is that you are focused on achieving.

Who Do You Admire?

For you to accomplish more in life, to reach the level you want to be at, or to realise your dreams, whether big or small, it is important for you to take productive action.

Wouldn't it be great to take productive and [valuable action](#) every day?

Wouldn't it be great to ensure that every action that you do take is constructive and beneficial in attaining your goal?

Well, why don't you find out what other successful people did to achieve the same results that you desire and copy them?

This way you can save a lot of time discovering what works and what does not work.

You can achieve your goals quicker and with less stress this way.

By learning and adopting what other successful people did you too can achieve similar success and perhaps more!

Think of one person who has achieved the success you desire and read about how that person achieved that success.

If you are in a stuck state, read as much as you can about that person; read their biography, any articles they've written or articles and interviews about them.

Find out what your ideal person did to achieve success in their field.

Why go out and re-invent the wheel?

Could you imagine how much time that will take you?

Find out what successful people do, copy what they do and always look for ways to further improve on your goal.

Live the concept of: Constant and never-ending improvement!

Is there a particular successful person that you would like to find out how he or she accomplished a particular goal?

That person does not have to be a celebrity.

It can be your father or mother, a friend, a friend's friend, a brother or sister, a teacher. Anyone.

If that individual is someone you know, why not sit with them and ask as many questions as you can to ascertain their methods of success.

Be a sponge and soak in as much information as you can.

Once done, go ahead. [Step up and take action.](#)

Why Not You?

There are many people around the world who are living the life of their dreams. In fact there are millions.

I have achieved a few dreams of my own and I am working on the rest.

Anyone and everyone has the potential to live the life of their dreams.

It is possible, and it has been proven time and time again.

And the thing to remember is that the dreams do not have to be humungous, like those achieved by Bill Gates of Microsoft or Richard Branson of Virgin.

Your dreams can be anything you choose: marrying the person of your dreams, having the dream job, going on a dream vacation. It could be living a healthier life, starting a home business. Anything at all!

One of my dreams was to write a book on self-confidence, so that I could share ideas and successful concepts with everyone in the world. In 2007 I accomplished that dream. I co-authored "[Self-Confidence building in 7 Steps](#)" with Natalie Dee, and we created the successful book I had always dreamed of.

Every day new people achieve or live their dreams.

Why not you?

Make a commitment, a decision that you want to improve on your life.

Then make a plan on how you are going to achieve that dream. The plan does not have to be so detailed; the best plans are made up of small achievable steps that can be built on as the days, weeks and months go by.

Once you have made that plan, implement it. Take action.

A plan is just a plan; it becomes significant when it is followed by [action](#).

The key to turning any dreams, your dreams into reality, is by taking action, preferably every day.

Join the people who are living their dreams.

Why not?

Decide that you want to improve, develop a plan and act on it.

Millions all over the world are [living their dreams](#).

Why not ***you***?

Are You Focusing On The 90%?

What you focus on expands!

In other words, if you focus on the good things in your life, you will get more of the same.

On the other hand, if you focus on the negative things in your life, you will get more of the same too, more negativity!

Whether we like it or not, that's how life works!

So I ask you: Are you focusing on the good things; such as your good health, the food you eat, the roof over your head, the water out of your taps, the clothes you wear, the job that pays the bills?

Or are you focusing on the not-so-good things in your life? Those things that you wish you could change.

By focusing on the 10% that represents the things you don't like about your life, you will attract more of that. More negativity, more dullness, more unhappiness and more failure.

When you focus on the 90%, on the things that are going right for you, and on the good things that you have, you will get more of them.

Like attracts like. That is the Law of Attraction put in its simplest form.

Like attracts like.

So why would anyone want to live in that 10% – on the life that they don't like or want?

By living there they focus on the problems and failures rather than on their visions or goals.

I am not telling you to ignore the 10% that contains the things that you want to change. See those things as they are, and also see them better than they are.

See them so you can make the necessary changes. By identifying what you don't want, you will find it very easy to ascertain what it is that you do want.

And when you pinpoint what you do want, set them as goals and go for them.

And as you do, focus more of your attention on your optimistic future, on the things that you are doing right, on your small and big successes along the way.

Focus your attention on the pleasant 90% and let that expand.

There you'd have a more positive and optimistic attitude and you would [lead a happier life](#).

Believe In Your Courage

You can enjoy life to the fullest and achieve anything that you want, anything, when you believe in yourself and in your capabilities.

Every one of us was born with specific gifts, skills and talents; we all have exceptional strengths in something in our lives.

Some people might be talented to write, others might be to lead, perhaps be great communicators, motivators, chairpersons, head teachers.

Whatever it might be, you have a purpose.

And when you find that purpose, having the [confidence and courage](#) to believe in yourself is a driving force that will make that purpose a reality.

When you have strong beliefs about something it is amazing, perhaps surprising at times, how you rise to any challenge that stands in your way.

Your strength and courage are born from your beliefs.

Those beliefs can give you an incredible surge of confidence and tenacity that you may not have thought existed within you to fuel you to manifest your goals and dreams.

Take the time to identify your gifts, skills, talent or strength and have belief.

Believe in your courage to expand on that talent and follow through with your purpose, goal or dream.

Do Circumstances Create Your Beliefs?

I read this somewhere: "You don't choose the things you believe in, they choose you."

In many ways, that statement can be true; that our circumstances may very well choose or dictate our beliefs.

If you compare a person who has grown up with supportive parents with someone who has uncaring parents, do you suppose the two will have similar beliefs?

I doubt it.

Yet, it certainly doesn't mean that they both cannot be highly successful. Sure they can, so long as they are driven by their desire and passion to be successful.

Old limiting beliefs can be released or changed. The person who has unsupportive and uncaring parents can learn to take full control of his life by letting go and changing his beliefs.

He can develop the most empowering beliefs and be highly optimistic about his future, when he makes that decision to direct and focus his thoughts, his new thoughts, on what he wants to achieve in life.

He can learn to release his past obstructive beliefs, and create and develop new supportive and encouraging ones that support him in reaching all his dreams and desires.

Yes, circumstances can create our beliefs, especially when we are young and vulnerable.

But we do have the power to change the negative, limiting beliefs into empowering and supportive beliefs so we may live the life that we choose to have.

All change comes from within; when we are relaxed, calm and have [inner peace](#).

We then work on changing our [innermost thoughts](#), through affirmations, visualisation, reading self-help books, attending seminars, listening to self-development CDs and DVDs.

Change will gradually and noticeably surface.

New beliefs will develop and a [more confident](#) and successful you will emerge.

The Power of Repetition

When you want to learn something quickly or get proficient at something fast, you simply practise doing that thing over and over again.

For example, if you want to improve your sales presentation skills, do more presentations. Similarly, if you want to become more competent on cold sales, then pick up the phone and do more cold sales.

Through repetition you [become more confident](#) and courageous, more knowledgeable and skilful.

Nothing even comes close to the power and benefit of repetition.

How do you think you got very good at your job? How did you learn the route from home to the office? How did you get good at making presentations or meeting people?

It's through the power of repetition.

When you practise anything every day, you'll get so skilled at it, it becomes automatic.

If you drive a car, you don't consciously change gears, do you? You simply reach out with your hand and change

gears. You don't think about it. You just go ahead and do it.

Automatically.

Remember this when you begin to feel irritated or discouraged at your lack of ability when trying to do something new.

Substitute helplessness with the desire to practise.

The Significance of Leadership

It is important not to overlook your quest to enhance your personal and professional development and growth.

Through leadership, you have the potential for advancement and expansion. And, equally, through your leadership and guidance, you can improve on the people around you.

If you run a business or are a manager, take the lead to train and develop your team so that **they** may become better, so **they** may progress.

In due time, they may also run the business or department outside of your presence.

This will, in turn, give you the opportunity to focus on other things that require your more immediate attention that perhaps you have been unable to attend to.

This concept will have a positive impact on your department or business. It will lift the moral of your team or staff.

They will feel more involved, which may [bring added enthusiasm and motivation](#), not forgetting satisfaction.

Maximise other people's potential through your leadership.

It is a win-win situation!

Life Is Full Of Choices

Your professional and personal life, your success, happiness in your job, satisfaction with your level of performance, and so much more, are not achieved by accident.

It takes commitment, motivation and consistent action and persistence.

More importantly, the journey to success, happiness and fulfilment always begins the moment you make the decision to [be successful and happy](#).

It all starts the moment you make the right choices that are congruent with that decision.

An executive in a thriving IT company had often thought of resigning as he felt he didn't have the knowledge and necessary qualifications required to progress any further up the promotional ladder.

With all the hours that he puts in, he couldn't find the time to improve on his credentials.

Half way through the third session with an executive coach, this manager had gained enough confidence to make the decision that would easily advance his career.

By finding it within himself to be [courageous and confident](#) to reach higher, he made the decision to invest in himself, to gain the knowledge required to move up the ladder he was so scared of.

Having made that decision, he committed two hours every night, no matter what, to study, to learn more, to expand his knowledge and skills in his field, rather than to watch television or socialise.

This man, in a short while, got the promotion that he wanted.

And at the company's head office, no less.

What is that one decision that you can make today that can have a positive impact on your life?

Look For A Better Way

There is something I learned in life: When I do something that just doesn't quite get me where I wanted to get to, I analyse what I did, learn from it and go out for a long thoughtful walk.

I take in the fresh air, [release any negative thoughts](#) or frustrations, then I search for another approach.

I look for a better way.

Successful people have long ago adopted the 'asking questions' method into their lives.

When something has not worked the way they wanted, they control their frustration and negative feelings, and ask themselves, "What am I doing that is not working?"

They analyse why what they did had not worked the way they had originally wanted, then they find another way.

They tackle their objective differently, from a different angle.

What is important here is to understand why a particular approach didn't work, and then make any necessary adjustments and go for it again.

You can go as far as actually being grateful for any frustrations, for they allow you to fine tune and perfect what it is you are going to achieve.

Accept and Welcome Change

I am sure many of us have experienced dramatic changes in our lives in one way or another.

Some changes, or new circumstances, may have been melodramatic whilst others may possibly have been dull or lifeless.

Either way, we face many changes in our lives, whether we like it or not and whether we like the changes or not.

Change, as time goes by, is inevitable and predestined to happen. We can either adapt to it, benefit from it or we can ignore it and get left behind.

A 65 year old lady felt it was time to expand her designer knitwear business. She had been selling her items at exhibitions, in galleries, through the classified sections in the newspapers and magazines.

“I now have to accept that the Internet is the way to progress and expand my business,” she explained. “I understand and admit that the Internet is a worldwide marketing tool that I can no longer ignore. I have to have a website.”

However, she was 'scared' of computers. She believed that she lacked the courage and confidence to enter into the complex and unfamiliar world of 'click here and click there' as she humorously put it.

Yet, she went ahead and tackled her lack of confidence around computers.

She slowly ventured out of the inner circle of her comfort zone by doing a couple of daily tasks designed to familiarise herself with the computer.

Within a short span, she was able to send emails, search the web and even write blogs.

She went on to hire someone to build a website based on her ideas and designs. Both worked together and came up with a beautiful website.

The fear that had limited this lady's progress has since turned into a pleasurable and thriving business.

For you to [accept and incorporate change](#), consider one adjustment or modification in any area of your life that you are resisting that you may transform to improve your life.

Develop a Passion

Highly successful people are eager and energetic.

They are filled with purpose, passion and commitment, and they have found a way of making a living doing what they love.

If you love your work you will more than likely be very successful in this area of your life.

If you don't love your work, spend the necessary time to identify the work that you would love to do.

Find the area, [find your love](#) and then expand on that passion, and success usually follows.

If you had the choice to do anything that you want to do, something that you will thoroughly enjoy doing, what would you do?

Question yourself; look at your skills, talents and hobbies.

How do you pass your time?

What do you do to have fun?

What particular tasks at your present job do you enjoy?

And then go a few steps further; what specific activities give you a lot of pleasure, what really makes you happy in all areas of your life?

Spend all the time that you want to identify that passion.

Once you have found what ignites you from deep within, do whatever is required of you to expand on that passion.

Does it require additional skills or knowledge?

You may think it best to go to evening classes or join a local club to get to know others who share your passion.

When you identify that burning desire, that passion, strengthen it and keep it alive.

Do you have a hidden passion that is longing to be set free?

Empower Others

How would you like to inspire and motivate other people to lead better and more fulfilling lives?

Especially your loved ones?

"I have benefited so much from seeing a life coach that I want to encourage my family to have the same quality of life that I am now enjoying," Marco said as he left my office.

"Well, become a leader!" I replied. "Gradually teach them the principles you learned."

The best gift that you can bestow to anyone is the gift of empowerment and a deep sense of love.

What could be more pleasurable to you than to guide your loved ones to feel free from their own limiting beliefs, and to direct them step-by-step to make a success of their lives in all areas?

That same afternoon I emailed Marco a few encouraging words. An excerpt read like this:

"To lead by example is a great testimony to you as a leader, and I know that you are a fantastic leader.

“You learned and lived the principles of success, the way you perceive success to be, and your life has dramatically changed for the better.

“I know you can channel your knowledge and experience to empower and inspire your family, and others, to be happy, cheerful, joyful and successful in their lives.

“In time, you all will live your dreams and be surrounded with [everlasting love, joy and happiness.](#)”

Do you feel that you could lead your family or people you know to live their lives more fully?

If you are not ready to lead, are you ready to take the first step to fulfilment by organising and scheduling regular self-development meetings for your family or group?

Get the Results You See

Champions and successful people in all fields and areas imagine or visualise their outcomes daily.

They imagine the results in advance, before actually or physically participating in the event or situation.

They start off by imagining the situation perhaps, weeks or months or even years in advance up to the moment before the actual event.

Everything that you will do in the future will be imagined by you before you do it, in much the same way that everything that you have done in the past had been imagined.

Reach your goal, any goal, mentally first.

See your success in the screen of your inner mind prior to experiencing it physically.

This is one of the most powerful methods that is at the heart to creating the future that you deeply desire.

A simple way to do this is to write a script of how your future is to look like. Choose a particular goal and be a screenplay writer.

For example, “It is 15th June, 2008 and I am sitting on my terrace by the pool in my 5 bedroom villa in St. Tropez, France, sipping on my cocktail...”

Memorise your script. Sit or lie down and close your eyes. Say the script in your mind and ‘see’ yourself living the goal.

Imagine it with all your emotions.

Imagine [happily performing the actions](#) that will lead you to your goal.

See yourself living that goal.

Keep doing this imagination process every day until you achieve the desired outcome.

Would you like to sit back and daydream, see your success and lay the pathway that will get you to live your dream in reality?

Life Is Like a Boomerang

If you smile to a stranger, more than likely that stranger would smile back at you.

If you help someone with a presentation or a particular project, that person will probably return the assistance when required.

It seems that whatever you give out comes right back to you.

It rebounds straight back into your life.

If you show kindness, [love, forgiveness and appreciation](#), wouldn't you get that back? Wouldn't it echo and reverberate in your life?

Sure it would.

Have you ever heard the expression, *What goes around comes around*?

Take the lead and be a kinder and more helpful person; a caring manager and employee, a more loving spouse and a friend to your children.

Give more in all areas of your life and be ready to receive much more in return.

Another way to look at it, do you want a more loving relationship? Be a more loving partner.

Do you want more help at work, help others first.

What you give out you get back!

Life is like a boomerang!

Why not ask yourself, Who can I help today?

Persistence Beats Lack

Take a few moments to ponder over where you are now.

How far down the road are you on your journey to achieving your goals and dreams?

When you wrote your goals, you had [motivation and determination](#) to achieve them.

Perhaps you even made a blueprint for action. The question here is, Are you sticking to that plan?

You see, a critical key to achieving your goals is the level of your persistence, your perseverance.

For you to succeed in accomplishing your goals you need to exercise consistent persistence no matter what happens.

There is great [power in persistence](#).

Many highly successful people have succeeded despite lacking money and having limited education.

The burning belief in their goals kept them strong and alive; kept the momentum going. They persevered regardless of any lacks and setbacks.

Perseverance prevails over many, if not all, seemingly limiting reasons for not manifesting your goals.

Keep your persistence at a high level.

Move forward one step at a time and keep the momentum going.

Maintain focus until you reach your goals and dreams.

If you were to feel that your persistence has weakened, go back to your goals.

Read them to yourself a couple of times then close your eyes and imagine you are living that goal.

That should [re-ignite your perseverance](#) and overcome any lack that stands in your way.