

A person's silhouette is shown from the back, looking out at a sunset over a landscape. The sky is a mix of orange, yellow, and dark blue. The person's hair is dark and curly. The overall mood is contemplative and hopeful.

10

**STEPS TO ACHIEVE
ANYTHING YOU WANT**

**ADAM
WHITE**



MEET YOUR COACH & TRAINER

Adam White is a leading authority on Human Potential and Leadership. He is contributing author to careersingovernment - GovTalk that has more than 15 million twitter followers. Adam has been featured on HR Power Hour, speaks to audiences, coaches, and mentors people across the U.S.

He is a best-selling author with his book, "A Leader Others Want to Follow: The Power of Influence" Adam is also the star and executive producer of his self-help series on YouTube. His podcast, "The Adam White Podcast" delivers weekly powerful podcasts to thousands of viewers. Adam is also creator of "Adam White's Skill of Influence Online Course" that trains people how to develop their skill of influence in life and leadership. Adam is author of a set of training audio CD's: "The 7 Keys to Overcoming Fear", "The 7 Tests of Great Leadership", and "The Success Principles of Public Speaking."

Adam at one point lost everything in his life and was forced to move into his parent's basement. Adam searched deep within himself and asked his creator what his life purpose was. That discovery led to Adam turning his life of loss completely around. In just 2 short years, Adam bought a Subway Franchise, started several small businesses and invested in more than 14 real estate properties. Adam quickly began to develop his ability to help others live out their passion, their purpose and their mission.

Today Adam shares his message, tools and strategies with audiences across the U.S. speaking to various industries on the principles of leadership, the power of influence, human behavior and the psychology of why people and organizations succeed or fail. 10 years of research and a lifetime commitment to growth has empowered him to become an expert and share his knowledge with the world.

To learn more about his seminars, book, and online courses, visit him at **Adamwhitespeaks.com**

10 STEPS TO ACHIEVING ANYTHING YOU WANT

By Adam White



1 WRITE THE FUTURE IN ADVANCE

2 SHARE YOUR DREAM

3 DEVELOP YOUR SKILL

4 FOCUS ON ACHIEVEMENT INSTEAD OF ACTIVITY

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7 NEVER STOP GROWING & LEARNING

8 GET A COACH OR MENTOR

9 CREATE A "STOP-DOING LIST"

10 MASTER YOUR PHYSIOLOGY

10 Steps to Achieving Anything You Want

Adam White

STEP ONE: Write the Future in Advance

The first step to achieving anything you want is to create a compelling vision for your life. Often, we may feel that setting goals is a boring and mundane task. We may write down a few goals from time to time but we often never return to them much less fulfill them.

To achieve a goal and create a compelling vision we must set goals that inspire us, motivate us and fuel us to achieve them. A goal without a passion attached to it is just an exercise. But when a goal is fueled by desire it creates momentum. The word desire means “of the sire” or “of the Father.” The desires within you have been gifted to you from your creator. That means you already have everything internally that you need to fulfill your desire.

What is your dream? What is your vision? How does life look when it has been lived on your terms and not someone else’s?

Determine where you are now in life. Take a look at how your life is today. Are you happy where you are? Today is the day to create a new compelling vision for your life. Today is the day that you dream again. Your dreams are still possible. They start right here with you writing the future in advance.

A goal gives us the ability to write the future in advance. You don’t have to guess at your future or wonder how things will turn out in your life when you write your future in advance. Create your future in detail by creating meaningful goals.

Takeaway

Take this moment to create a vision and a mission that deeply inspires and motivates you. Write it in detail.

Write Your Own Lesson

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STEP TWO: Share Your Dream

Some people are unable to achieve anything significant because they try to build it in silence. There is a misconception that asking for help makes one weak. When the opposite is true.

We are afraid to share our vision or our dream with others for fear of rejection or others telling us what is not possible. Here is the reality: When we share our dreams with others we open the doors of opportunity.

When the student is ready then the teacher will appear. Often the right connection, the right person and the right circumstances are waiting for us to share our dream. The moment we begin to tell others about what we want to achieve it begins to attract the right people into our lives.

When we share our dreams, we give others permission to share theirs. We start by sharing our dream but we end up being an inspiration to others. When we share our message, our story, our passion, then those that resonate with it will begin to show up in our lives.

Within our story we may share our pain that allows others to heal. We may share our failures which allows others to succeed. If no one has told you your dream is not possible or said you were crazy then your dream is not big enough. The bigger the dream the more people will try to convince you it won't work. If you want to achieve great things in your life start sharing your dream, start talking about your plans and the flood gates of opportunity will begin to open.

By sharing your dream with others, you also give yourself no way to back out. You've talked about your dream and vision with others now you will feel a sense of obligation to achieve them. Remember that sharing creates accountability. You become accountable to others and to yourself to finish the conversation of dreams with results.

Takeaway

Don't give yourself the option to quit or talk yourself out of your dream. Share your dream with others. Tell someone about your plans. Then go achieve them.

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STEP THREE: Develop Your Skills

No one in life starts out perfect. No one wakes up a master of anything. Any person that has achieved anything they wanted in life has been the result of developing a skill to mastery. Repetition is the mother of skill.

When I first started speaking it took time to develop the skill and ability to influence the audience. I remember reading my first keynote speech word for word from an iPad. But through repetition and working hard on my craft I am a successful sought out speaker today, speaking to thousands of audiences across the country. Hint: I no longer read my speeches.

Television has a way of painting the picture of overnight success. We see actors, professional athletes, speakers, writers who are smashingly successful. It seems their success just happened. What we don't see behind the big screen of life is that these people have spent years developing their skill and talent to become what we see them as today.

What skills do you need to develop to achieve your dreams?

What additional knowledge do you need to acquire to turn your dream into a reality?

Achieving anything you want in life will require the sacrifice of skill development. I can promise you if you take the time to develop your skill set and acquire the knowledge you need, you will achieve your dreams. Success always leaves clues. Pay attention to the patterns and work ethics of those who have achieved success.

Who could you model that has achieved a dream like yours?

Takeaway

Create your own learning agenda. Think about the skills you need to acquire. Develop and master them to achieve your dream. Write them down.

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STEP FOUR: Focus on Achievement instead Activity

You can spend a lifetime being busy but never actually achieve anything. Do you find at the end of some of your days reflecting over your day and not having accomplished anything? Often the problem in most people's lives is focusing on activity instead of achievement.

In order to change the focus from activity to achievement you have to always start with the end in mind. What do you want to achieve in your lifetime? What is it you want to accomplish? What are you after in life?

Answering these big picture questions will allow you to work each day towards achievement instead of being busy with meaningless activities.

The enemy of progress is not lack of time, but distractions. Just a few visits to social media throughout the day will result in hours lost that cannot be recovered. A few minutes here and there on the phone will result in time lost from your life.

The average person watches 4 ½ hours of television a day. If you were to add that time up, it averages about 13 years lost in a lifetime. If we simply turn off the television and work on developing a new skill set there is no dream in our lives that cannot be achieved.

When you focus on achievement you are asking yourself the internal question: "How will I be remembered?" The answer is: you will only be remembered by the lives you've touched and by the results you've produced.

When I travel and speak around the country my question to many audiences is: what results do you want to produce in this life? We were not placed on this planet to simply exist but we were placed on this planet to make our mark and impact humanity.

Takeaway

How do you want to be remembered? Decide right here and now what you want to achieve in your lifetime. To achieve it, start working backwards from here.

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STEP FIVE: Set the Right Approach

How do you approach each day? What is your mindset? What is your perspective? What are your beliefs?

Often our beliefs have been created by what someone has said to us in our past. It may have not been true, but we chose to believe it and it has become apart of us. We experience life and see things through these belief filters. What stops us at times from achieving our dreams is that we have never corrected these belief filters. Achievement of our dreams is not possible if we don't have the number 1 ingredient that is required: FAITH.

We must believe in our dreams and what is possible. What we've thought about yesterday has created our today. And what we continue to think about today creates our future. If we never change how we think then we will never change what we see. We must start with the right approach towards our dreams. That approach begins with the right mindset. In this space and moment begin to reflect over negative beliefs that you may have adopted. Begin to divorce yourself from self-doubt, self-oppression and external influencers.

You were made for greatness. You were made to do great things. That is the truth. If you want to achieve anything in life you must approach it with the right mindset and the right belief system.

Start each day with powerful affirmations that will begin to reprogram your mind and reset your belief system. You have listened to the voice of others, now YOU are the voice. You were born to create and not destroy. You were created to defy the odds!

Takeaway

What is the current state of your attitude? Do you fully believe that your dream is possible? Your success will always be tied to your current mindset.

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STEP SIX: Master Your Day

The secret to achieving anything you want is hidden in your daily habits. You can't master your life until you first develop the ability to master your day.

Success, wealth and living life on your terms are not hidden mysteries or something reserved for a special group of people. Success, wealth and living a life of abundance is for You.

There is only one main difference between those who achieve success and those who don't: Daily Habits. When we fail to practice, or fail to make the phone call, or fail to study, or fail to write out our plans and review them each day then we set ourselves up for ultimate life failure. Failure becomes a consistent daily pattern in our lives and we don't even notice that we are doing what I call "negative practice." We practice failure so much that it becomes a part of our lives.

We miss opportunities because we haven't worked on our craft, we haven't been developing our skill and we are not prepared for opportunity when it comes. Success and Failure are not giant events in our lives. They simply are the result of what we do or fail to do every single day.

What does your daily routine look like? What is your daily strategy for motivating yourself? What was the last book you read that increased your knowledge in the field of your dreams?

These are the type of questions you must challenge yourself with to achieve the life of your dreams. Many of us want success now. We are not willing to put the daily work in and create great habits that will lead to ultimate success.

If you want to achieve anything, master your day. Create great daily habits and patterns of success.

Takeaway

What do you focus on each day? What is your daily routine? This is a perfect time to assess your daily patterns and make some lasting changes.

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STEP SEVEN: Never Stop Growing & Learning

If we could take a field trip into nature, we might catch a bird taking flight in the sky, or a deer skipping across a meadow of grass. We could see the trees stretching their limbs toward the sky, or the blades of grass growing plush and green. If we walked by the water, we might see ducks gathering and diving for food, or waves moving in a quiet formation of never ending beauty.

Nature is our guide. Everything we see in nature is either growing or dying. These are the laws of our planet and they will never change. It is the same with us as human beings. If we are not on a path of growth, then we are on a slow path towards death. One of the quickest ways to kill our chances of achieving what we want, is simply to decide to stop growing.

Growth means progress and here is the reality about progress: Progress = Happiness. When we are making progress, and getting closer to our dream, we feel happy. If we are trapped in a cage of life and not making progress we start to feel sad and depressed.

Think about it. We are happy when our grass is growing, when our children are growing and even when our hair is growing. To achieve the life of your dreams you must never stop growing and learning.

Did you know the human mind has the capacity to graduate from more than 12 Universities, learn 40 different languages and memorize an encyclopedia from cover to cover in a lifetime? No human being has fully tapped into their potential and ability. This is a very important step and concept to grasp. We must continue to grow, to learn and to make progress to achieve anything we want.

Takeaway

Reflect over your life. Are you closer to your dream than you were 6 months ago. This question will inspire you to plan for your growth going forward.

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STEP EIGHT: Get a Coach or Mentor

You can only achieve so much by yourself. Often, we go so far on the path towards our dreams, then we slow down, or much worse, we quit. We give up on our dream and return to a life of mediocrity.

All of us, including me get discouraged from time to time. We can find it tough to maintain consistency every single day. Missing a day here and there from our routine might not seem like a big deal, but those days can quickly turn into weeks and ultimately years.

A coach or mentor will help you get back on track when you lose your way. A coach will challenge you to achieve far more than you could have expected by pushing you just a bit beyond your comfort zone.

Being coached or mentored holds you accountable to someone. You can't just quit or back out of your dream. You must follow through with the work because your coach is there to hold your feet to the fire.

Don't feel like you must achieve your dream alone. A coach can really reduce the time it takes to get what you want from life. A great coach knows how to take your idea, dream, or concept, cut through the unnecessary steps and shorten your path to success.

If it is one thing that can profoundly affect the success and acceleration of achieving anything you want, it's getting a coach or mentor involved with your dream. The climb up the hill of success often requires the hand of someone that is further along and can reach down, grab your hand, and pull you up higher. You don't have to climb alone.

Takeaway

Get a coach or mentor. Get someone that will help you climb. Make sure they are higher than you so they pull you up where they are and not drag you back down.

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STEP NINE: Create a "Stop-Doing" List

If you're doing things that are distracting and things that add no value or meaning to your life, then you need to stop doing them.

Distraction will always be the enemy of progress. If someone or something can command your focus, then they can control your life and your results.

You can't say yes to every project. You can't make every wedding. Often, we over extend ourselves because we fear hurting people or letting them down. We want to play hero in everyone's life while placing our own dreams and plans on the back burner of our lives.

You can't save the world. You can't say yes to everyone. There comes a time in life if you really want to achieve the life you deserve, you will have to use the power of "NO" to do it. Give yourself permission right here and right now to start using the power of "NO." If you are burned out, not only can you no longer help others, but you won't be able to help yourself. Most of the time all the people you have helped, magically disappear when it's time to invest in your dream.

Decide right now that you are going to create a list of things that have been occupying your time. Make a list of the people in your life that no longer add value or serve you. Create the list. Then go to work on eliminating these things from your life. Don't stop there. Replace these things with tasks that will get you closer to your dream.

Everyone will want to shake your hand and be your friend once success is achieved. But it takes discipline to focus on letting things go now to get there. Focus is your friend and not your enemy. Develop a new commitment that you will begin to unclutter your life. You will get rid of the extra baggage of other people that is weighing you down. You will free yourself from the prison of other people's opinion. Achieving anything you want will require you to get rid of the wrong people and stop doing things the way you have always done them. A new life requires a new set of plans to get there. Start with your "Stop-Doing" list.

Takeaway

Until you clear clutter, distractions, and the wrong people from your life, there is no white space for something new. It's time to create some space.

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STEP TEN: Master Your Physiology

With a weak body we can't manage stress, numbness, and sadness which are all emotions we can feel within our body. To achieve anything you want, you need to have a strong body and a strong mindset.

The worse feeling in the world would be to get half way up your mountain of success and get so close to your dream that you can smell it, only to run out of energy and out of steam and slide back downhill.

It takes a tremendous amount of motivation and energy to achieve your dreams. The final step to achievement, but by far one of the most important one's is to master your physiology.

Do you have an exercise routine? Do you have a healthy diet? Is your body full of energy, or plagued by debilitating disease? What would you trade for your health? No amount of money or success is worth losing your health. Without great health, you won't be able to enjoy success once you achieve it.

Think about creating an exercise routine. Maybe you need to consider your eating choices and make some different decisions about diet. Don't fall for the trick that you need an expensive gym membership and 100 people to work out with you.

Great health can be achieved by simply putting on your gym shoes and going outside for a walk. One great decision will lead to another one and you will quickly gain momentum to a healthy lifestyle.

Motivation means to move. Motivation is nothing something you have, it's something you must create. Just get moving and that movement will generate the motivation you need, not the other way around.

Takeaway

Are you happy with your level of energy? Do you get tired? It might be time to develop a physical routine to increase your energy

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