

# How to Live the Life You've Yet to Dream

AS I WROTE THE FIRST words of this book, this is the chapter I could not get to fast enough; this is the one that matters most. I'm so glad we're finally here.

Is there a formula to having a life you have yet to dream? A number of steps you must ascend to reach a goal? While there are components that we may be able to check off to help us get to where we want to be, the basis is more elemental than that. Having a foundation of understanding will enhance the steps and the elements you need to truly live the best life you can.

One of the most important parts of the foundation is to begin with the understanding that this is your life and your future and you are in control. Don't make the critical error of failing to ask why. Look around you every day and ask yourself why one person is happy when someone else is not. Be a student of your life and don't hesitate to question. We don't see our future the same way at 25 years old as we did at five years old. Twenty-five is fraught with can't, won't, couldn't, and shouldn't. These are the most powerful and dangerous words I know. How many dreams have they swallowed? Yet for too many of us they are a regular part of our vocabulary.

So start by viewing your future through the eyes of your five-year-old self. The five-year-old you doesn't say those powerful negative words first when opportunity presents itself. The five-year-old you sees only possibility.