

A step by step guide for Designing YOUR Dream Life.

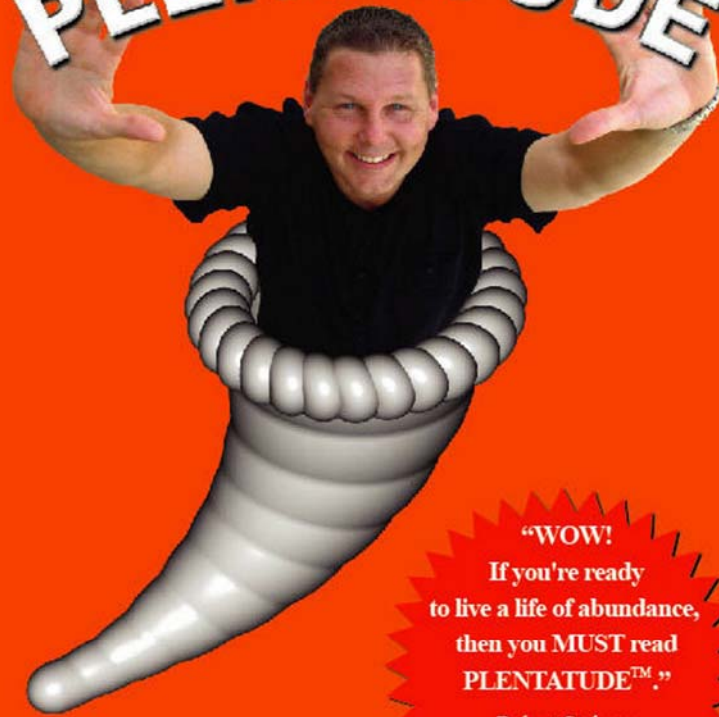
How To Design YOUR Dream Life; Plentatude

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DESIGN YOUR DREAM LIFE

PLENTATUDE™



“WOW!
If you're ready
to live a life of abundance,
then you **MUST** read
PLENTATUDE™.”

Robert Stuberg
Founder and Chairman of
SUCCESS.com

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You Gotta Go Down Those Bunny Hills

If a man does not keep pace with his companions,
perhaps it is because he hears a different drummer.

- Henry David Thoreau

It was one of those “Kodak” moments. There I stood on a gorgeous Saturday afternoon of the Easter weekend. I was in the middle of the Laurentian Mountains, on Mt. Tremblant, breathing in the crisp mountain air, looking down on a scene of white-capped mountains and odd-shaped mountain lakes for as far as my eye could see.

It must have been quite a sight to see, my knees clanking together like a one-piece band warming up. “What did I get myself into?” I thought. I’d skied a few times before this, but those slopes were no bigger than a good-sized tobogganing hill. I’d never even seen a mountain before. “How bad could it be...?” I’m glad you asked. I can now tell you that when you read Mt. (short for mountain) before a name, it’s there for a

good reason. Those things are ginormous! Just to give you some perspective, I was at the bottom of the “bunny hill” watching the smiling faces of the people on the ski lifts above me disappear into the clouds! That’s right, I said clouds! I was also informed that there were two more lifts, just like this one, that they’d have to transfer onto, to get to the top of the mountain. OUCH!

My good friend Claudio had invited me to come along with him and his cousins on their annual ski trip. Sweeeeet! I pictured us knocking off a couple of runs before lunch and then going into a beautiful Swiss-style chalet on the side of the mountain. We’d sink into some buttery-soft, overstuffed, ridiculously comfortable leather sofas next to a massive wood-burning stone fireplace, where we’d be sipping on steaming cups of marshmallow-topped, Godiva hot chocolate, while an endless stream of ski bunnies would strike up conversations with me...I mean us (maybe I’ve seen too many movies).

I’m not sure if I would have gone if Claudio would have painted the picture of seven sweaty guys spending four days together in a 640-square-foot apartment, eating room, temperature Spam out of the can at the bottom of a ski hill, doing nothing but skiing and sleeping for the whole trip (I’m exaggerating a bit. My friends call them Nev stories). Little did I know, I

would learn one of the most important lessons of my life on top of that mountain.

I spent the morning on the “bunny hill” trying to build up my confidence a little. The other guys would come by every so often and ask if I wanted to try something a bit more challenging. “Whatever,” I thought to myself. I’d just made it down the bunny without eating any snow for the first time. By mid-afternoon Claudio (who was just a little above beginner level himself) came by and told me there was this unbelievable run that took about 15 minutes to get down. He explained how it started at the top of the mountain and snaked all the way down through the pines to the Swisslike ski village beneath. He described it as not much more difficult than the bunny hill but with breathtaking views. Claudio’s a great salesman. He made me feel that if I didn’t go on this run, I’d be missing out on one of the eight wonders of the world.

He was right, the views were breathtaking. You could see miles and miles of the gorgeous Laurentian landscape and the run was just slightly more challenging than the bunny hill. I was so glad I moved up to this run and didn’t just stay on the bunny hill where I was most comfortable.

Needless to say, I spent the rest of that day, and the next morning, on that run. Why would I even attempt

to try another run? This one had everything you could want. Beautiful scenery, a little bit of a challenge (which was decreasing every time I took it), and I was comfortable with it. You guessed it. Here comes Claudio again. “Nev, come with me. There’s this really great run I think you’ll love!” Why not? I loved the other run he had picked.

We jumped on the chairlift and headed for the summit, exchanging some laughs on the way. When we jumped off the lift at the top of the mountain, the other five guys were already waiting for us at the beginning of the run. “What does this group of black diamonds on the sign mean anyway?” I questioned, already knowing the answer.

Success doesn't come to you...
you go to it.

- Marva Collins

I inched over to the edge of the run like a 93-year-old would if he was walking over a questionably frozen pond on the third sunny weekend in April. I could see the heads of my group disappearing one by one. It was

as if there were a trapdoor in the mountain swallowing them up one by one. I inched up even closer just in time to see the last one disappear. I'd never seen anything like it. The run was the width of about three car lengths. Along the sides were the thickest pines you've ever seen. It was so steep that if you stood up straight, you'd tumble down the mountain. You actually had to lean back into the mountain-side so you wouldn't fall down. "NOT A CHANCE," I said to myself. "These guys are on something." I watched in disbelief as they snaked their way down the run. About 10 minutes later they were all back at the top of the run with me. A little bit of small talk and off they went again.

"Are you going?" Claudio asked.

"ARE YOU INSANE?" I exclaimed. "Not a chance!"

Then Claudio said a few words that changed the whole way I approached life from that moment forward.

"How are you going to get any better if you don't challenge yourself?"

To this day, I'll bet Claudio doesn't have a clue how much that one little question he asked me over a decade ago influenced my life. Think about the question he asked me for a second.

How are you going to get any better if you don't challenge yourself? If you don't challenge yourself, how are you ever going to be able to know what you're capable of doing? How will you ever know who you're capable of becoming?

There were hundreds, maybe thousands, of other skiers on the mountain who were better than me that day. That doesn't matter though. I wasn't competing with them. I was only trying to be better than the Neven of a few minutes ago. You're only competing with yourself in this lifetime, not with anybody else. Challenge yourself and you'll never be bored. Challenge yourself and you'll be amazed at what you're capable of doing. So be the best "you" that you can be and I can guarantee you'll lead a full and happy life.

Yeah, I went down the run. (Thanks a million Cla! Oh, by the way, you owe me a new pair of Mr. Briefs!) The first run, I lost both of my skis near the top and face planted the rest of the way down. The next time, it was only one ski, and the time after that was even easier. I find that's exactly how life is too.

The first time you try something new, whether it's a new recipe, a new job or skiing down a mountain, it's really scary. You're uncomfortable, since you've never attempted it before. The second time it gets easier, and

by the 10th or 12th time, you're an old pro and you're ready for something even more challenging.

Do you remember a time when you found something really difficult or even scary to do? How did you feel after you did it a few times? Can you think of a time in your life when you didn't do something because you were afraid? What did you miss out on? Do you try new things? Do you challenge yourself on a daily basis? Are you the best "you" that you can be? What can you do right now to challenge yourself, to better yourself?

Don't let what you cannot do
Interfere with what you can do.

- John Wooden

"There's no way you can do it!" "No one ever has, and no one ever will." "It's impossible!" "Who do you think you are?" "Haven't you heard about the human barrier that doesn't allow it!" "People have tried to do it since the beginning of time. What makes you think you are any better than?" "Quit dreaming!" "It's been proven that the human body just isn't made to run

faster than a four minute mile.” These were just some of the comments Roger Bannister may have heard from his so-called friends when he said he would run a mile in under four minutes.

Roger wouldn't listen. He knew he could do it. He could see it; he could feel it; he could smell it! So, to accomplish his goal, not only did he practice relentlessly on the track, but he also practiced vividly in his mind. He pictured himself breaking the four-minute mile. He pictured the huge crowds gathered and cheering him on. He pictured the interviews he'd have after he broke the barrier. He pictured his family's hearts bursting with pride as he crossed the finish line. He practiced and then practiced some more, and then on May 6, 1954, Roger Bannister ran a mile in under four minutes.

Isn't it funny that before he did this, four minutes was **THOUGHT** to be some sort of human barrier for running? The human body was said to be incapable of this feat. The world believed it just couldn't be done. I'm here to tell you the world thinks a lot of things can't be done. Don't listen to the world. Listen to your heart. Listen to you!

When you're faced with negativity always remember that negatives and limitations come from the outside world. These are the beliefs others have about

limitations, ideals, the weather, the environment, etc. You can't control the outside world, but you can decide how you'll let your mind interpret it.

What do you do when people give you a million reasons why something won't work, or tell you why you can't do something? What do you do when they start shooting down all your dreams and ideas? Do you listen to them? Here's what I like to do. First of all, I take a step back and really take a look at who this advice is coming from. You guessed it. It's the Energy Sinks wanting to hear themselves talk again. Now take a look at the Energy Sinks' lives. How do they lead their lives? Are they successful? What have they accomplished? What do they do in their spare time? Are they living out their dreams? What have they done in their life that gives them the power to shoot down **your** dreams? Here's my favorite. Would you pay this person for their advice and recommend them to others? Should you really be taking the Energy Sink's advice? Of course not! Now imagine what the Energy Sink's life will look like in five, 10 and then 20 years down the road they're on. Not pretty, is it? ***RUN!***

Possibilities are those things that inspire you. They come from within. You decide whether you'll let the outside world empower you, or whether you'll let it disempower you. Think of *The Little Engine That Could!* Tell yourself you can do it! Think of all the

benefits from taking action. Don't let others decide your fate. Take the good and the bad in life, and look for the opportunities in them (silver lining). Take in all the information and then create your own limits (of which there should be *very few*). Design your own life, not somebody else's.

The people who say it can't be done
should get out of the way of the people doing it.

- origin unknown

Here's the really amazing part of the story. Since that day, in 1954 when Roger Bannister broke the record, thousands of other people have also run a mile in less than four minutes. Before that day, the world branded it impossible to run a mile in under four minutes. So why is it that since then, so many people have succeeded in what was once thought humanly impossible? Were the conditions better after May 6, 1954? Did the human body change in some way? Was their training better? I guess you could say that their training was better. It was their mental training that was better.

It's called modeling. Roger Bannister was an excellent role model. He raised the bar. He showed people that the four-minute mile was only a myth. Once he broke the myth, people's beliefs changed. What once seemed impossible was now possible.

When the student is ready,
the teacher will appear.

- Buddhist Proverb

This is one of the secrets of successful people. Ask any one of them and that person will tell you that she had help. It's almost impossible to reach your goals without the help of others. The quickest way to reach any goal is to use role models. Reference other people's accomplishments, like the thousands of other runners did when Roger Bannister broke the four-minute mile.

Anthony Robbins, one of the most successful people in the personal development field today, used this same method for extreme success. He searched out Jim Rohn (whose role model was Earl Shoaff), one of the pioneers of the industry, and went to work promoting

Jim. Tony knew that if he wanted to achieve huge success in a short period of time, he would need a role model who had already achieved what he wanted to achieve, and then immerse himself into learning everything he could from him.

You need to be a sponge. Soak up all the information. Learn all you can. You'll knock off years of frustration and save thousands, maybe even millions, of dollars by modeling others.

Imagine you want to be an electrician. Do you just go out and start pulling wires, hanging lights and installing plugs? Where does the black wire go? How about the white one? What if there was a red one in there also? How many times do think you'll get shocked before you learned to do it right? Most people wouldn't and shouldn't attempt something like this. They'd call in a professional. The professional went through a five-year role modeling course (apprenticeship) to learn his trade, to be like the electrician (coach) that taught him.

Haven't you had coaches your whole life? Who taught you how to walk, tie your shoes and ride your bike? How did you learn to dance ballet or shoot a basket? Did you just jump behind the wheel of a car, or did you have a coach? You've used role models all your life. Why should now be any different?

If you want to be a super achiever, then find people who have already achieved what you want to achieve and copy them. This is one of the secrets of extremely successful people. You're not in school anymore. It's okay to copy now. In fact if you don't copy, you'll have a hard time playing the game of life.

Do you want to live your dream life? Do you want to find the love of your life? Would you like to be a better parent? Do you want to build a business, be a chef or maybe a lawyer? Maybe it's a fortune you want to amass. Whatever it is, I'm sure you can think of an example, or two, of people who were, at one time, in a situation similar to yours and overcame the obstacles to be in a position that you would like to be in now. Most likely, you picked up this book because you want to learn how to live your dream life. See, you already know how to do it.

Do you need to take a hike over to the library and hit the autobiography section or start surfing the Net for your first step? You might have to dig a little, but you'll be so glad you did. You'll find all the answers you're looking for. Having a role model is like trying to cross a creek and having someone in front of you checking the rocks to make sure they're stable before you step on the next one.

Can you think of any limitations you've put on yourself? How about the limitations you believe the world has put on you? What do you think is impossible right now? How could you make it possible if you knew you could do anything?

While you're thinking, I just want you to think about how the world's changed over the last 100 years or so. The airplane was invented, so were automobiles, space travel, radios, television, fax machines, cell phones, computers, BlackBerry hand-held PDAs, the internet and email, vaccines for thousands of ailments, and millions and millions of other inventions.

What if the people responsible for these changes were told they were just dreamers? Did they listen when others said, "That will never work" or "Get a real job?" or "Forget about it, somebody's already thought of it." Can you imagine that? We'd still be driving around in horses and buggies, keeping our food cold in underground holes, using the Pony Express to deliver our mail and jumping on a steamship to cross the ocean.

Instead, why not start challenging yourself. Instead of saying it's already been done, why not say to yourself that the best is yet to come. Tell yourself that your best is still within you.

Has the best song already been written? I don't think so. I personally have a new favorite song every month or so. How about books? Has the greatest book already been written? If this were the case, the best seller lists would always stay the same. I'll stick my neck out and say that I believe the best of anything and everything is still to come. I'm talking from the best pizza right down to that gadget that will change the world, and everything in between. The world really is yours. We're all waiting for you to make it better. You can do anything and everything you want to!

So, if you *didn't have any limitations* and you knew that you *could not fail*, what would you do? What would you create? What kind of person would you become and how would you change your life? How would you change the world?

This is living your life in PLENTATUDE, creating your own boundaries. Not letting other people's beliefs stand in the way of your dreams. Knowing your best is still within you. Knowing you can make your dreams your reality. Knowing YOU CAN DO IT and then GOING FOR IT! FEEL your success. SMELL your success. PICTURE your success. You have to get all your senses into it! When you do, you'll be unstoppable! You'll be living in PLENTATUDE!
Change your life, change your world!

A step by step guide for Designing YOUR Dream Life.

How To Design YOUR Dream Life; Plentatude

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