

Andrea Rains Waggener Excerpt from Self-Help book:

Five Wimpy Words

Here are the five words I used in those paragraphs and why you want to avoid using them as much as you can:

1. TRYING

You might have spotted this word pretty easily. If you try to do something, are you doing it?

One of my favorite movie lines is from *The Empire Strikes Back*. In a scene where Jedi Master, Yoda, is teaching Luke Skywalker to use the power of the Force, Yoda instructs Luke to lift his spaceship out of a swamp using just his thoughts. Luke says, "I'll try." Yoda says, "Try not. Do."

Years ago when I was in group therapy, one of the group members told the therapist he would try to do what she was suggesting. The therapist grabbed a large phonebook and dropped it at the man's feet. "Try to pick that up," she said.

He looked at the phone book and reached down to pick it up. Once he had it in his hands, she said, "You didn't try. You did."

Try or do. Those are your choices.

Every time you try to solve a problem, do you solve the problem?

Nope. You just try. Trying isn't about results. It's an impotent action.

Whenever you hear yourself saying that you're trying to do this or that or that you plan to try something, change your word. Say that you intend to DO this or that. You plan to DO it. Then don't go off and try it. Do it.

2. HOPED

This is one of the most misrepresented actions and thoughts and words of all time. We have all these lovely phrases about hope.

"Don't give up hope." "I still have hope." "Hope springs eternal."

But tell me, does hope feel really good to you? Does it inspire you to action?

Do me a favor and try a little experiment, please. Close your eyes and imagine the solution to your biggest problem. Let's say you want more money than you have now. Close your eyes and hope you'll have the money you want. Really hope for it. Hope and hope and hope.

How did doing that make you feel?

Are you jazzed up? Excited about having what you want?

Okay, now close your eyes again and this time KNOW that the money you want is on its way to you. Pretend that you've just received a call telling you that a check in the amount you want is in the mail right now. Expect to receive that money.

Now how do you feel?

I'm going to bet you felt a whole lot more excited in the second visualization than you did in the first. Knowing something is coming is SO much better than hoping for it.

Hope is an impotent action. It doesn't bring results. It only brings longing for results.

3. DREAMED

Does what you dream about at night really happen in your life?

Last night, I dreamed that I was in a large mall shopping for a giant candy bar. (When I say giant, I mean man-sized.) In the dream, I knew I shouldn't buy the candy bar. Way too much sugar to be healthy. But I really wanted it.

Now tell me, is this dream real? Am I going to go shopping for a mansized candy bar?

Of course not.

Dreams, as most people know, are symbolic. They're projections from our subconscious mind.

Dreams may have wonderful information to give us. I love dreams, and I keep a dream journal. I've gained many great insights from dreams and gotten some great ideas for writing projects. But dreams aren't real.

Daydreams aren't real either. They're just more imagination.

Dreaming of what we want isn't real. It's just a projection.

Now, before you get all excited and start yelling at me, "But what about visualization? Isn't that good?", let me clarify what I mean here.

Yes, visualization is good. Visualization is in fact very good.

But visualization isn't dreaming. Visualization is an instructional blueprint for your subconscious mind. When you visualize something you want to have or do, you're showing your subconscious mind what you want to create. Taking the time to visualize is essential to getting the best results in your life. Notice, though, that visualizing isn't a dream. It's something you DO to get the results you intend for your life.

So don't stop visualizing. But if you're going around saying that you're dreaming of a new car or a new house, you're not in a powerful creation mode. Dreaming is not a power action or thought. It's a yearning, a wish. Dreaming doesn't get results.

4. DESIRE

When you desire something, what are you doing? Are you in a state of anticipation that you'll get it? Are you feeling strong and powerful?

Desires for love and chocolate aside (these desires can sometimes move us into action), desire isn't often a positive state. In fact, even in the case of love and chocolate, desire often doesn't get you what you want. It only makes you feel bad. It teases you with an image of something you want that you can't have.

Desire is yet another state of longing. It's a forward-looking emotion that has no power attached to it. Desire rarely gets results.

5. GOAL

For many years, I made goal lists. I thought having goals was a great thing.

Almost all of the big-hitter self help gurus tell you to set goals. Make them big. Make them measurable. Read them over often.

You've heard all this, haven't you?

Goals are good things, right?

Well.... Let's think about sports for second.

Imagine a football game. See the players on the field. See the goal at the end of the field. Watch the players move toward the goal.

Now watch them put a ball across the goal line. Or watch them kick a ball through the goal posts.

Everybody cheers.

Why is everybody cheering?

Because the players reached the goal?

Yes, you think?

Well.... What if getting over the goal line or getting a ball through the goal posts didn't accomplish anything? What if a ref called a penalty on the play?

When that happens, even though the players reached the goal, do they score?

Not usually.

The score, you see, is what gets the crowd excited. It's what the players want.

It's not the goal. It's the score.

Setting a goal is yet another action that lacks power because it has you aiming for something that isn't really what you want. It's not reaching a goal that you want. It's the SCORE in your life—the payoff. It's the results you want, not the goal achievement.

Internet marketer and writer Jim Edwards points out two more problems with goals:

First, when you set a goal and set a time in the future, what does that communicate to your subconscious mind?

You've got time. Isn't that right?

When you don't have to achieve something until next month or the end of the year, do you really have to worry about taking action on it today?

Second, setting goals, especially setting the same goals, over and over, can lead to a mindset of "What the heck, I never reach my goals.

Why bother?"

Humans are easily conditioned. We fall into ruts quite readily. Every time you set a big goal and don't achieve it, you've reinforced the idea that you can't do what you want to do. I'm sure you can see why this is a very bad thing.

If you're trying, hoping, dreaming, desiring, or reaching toward goals, you probably aren't getting the results you want in your life. So what do you need to do instead?

You need some new words and actions.

Three Warrior Words

If you want to score outstanding results in your life, you need great power, don't you? How about the power of a warrior? That would serve you pretty well, don't you think?

Here are the three words and actions you need to start doing to get warrior power in your life:

1. KNOW

When you know something you want is possible, how does that make you feel? Pretty darn good, right?

Isn't it a lot more fun to know your best friend or your spouse or your children love you than trying to get them to love you, hoping they love you, dreaming about having them love you, desiring them to love you or setting a goal to have them love you?

Knowing that what you want exists in the world is a wonderful feeling.

And the truth is that what you want DOES exist in the world. If you can conceive of wanting it, it exists.

The other day, my husband, Tim, walked our dog, Muggins at a place called Damon Point, not far from our home. At the southern-most part of the point, a curved line of massive rocks forms a cove. The rocks are an extension of the jetty that protect my town from the ocean and the bay.

On the day Tim walked, it was stormy, and the tide was high. When Tim got home, he said, "The rocks are gone."

"What do you mean, the rocks are gone?" I asked.

"At the bay. The rocks are gone."

It took a few more questions before I realized what he was trying to say. What he meant was that the tide was so high the water had completely covered the big rocks of the jetty extension. Usually, the rocks are easily visible, but that day, they couldn't be seen. It looked like they were gone.

But were they?

Well, obviously not.

They were still there. Tim just couldn't see them.

Einstein said that time is an illusion. The notion that events in our world happen in a linear way is simply a construct of our minds. Quantum physicists have proven over and over that in our universe everything happens simultaneously. This is why the idea of parallel realities is not as sci fi as many think it is.

The truth is that if everything is happening at one time, then a parallel version of you (without your problem(s)) already exists. In other words, what you want in your life isn't a dream or a desire. It's real. It exists. It's there. You just can't see it yet. You're just not experiencing it yet.

If you can grasp this scientific concept (or at least accept it), you can KNOW that what you want is there for you to have it. When you know you can have it, how does that make you feel?

Remember the exercise you did a few pages ago? It feels pretty darn great, right?

Feeling great is a big part of changing your life and removing your problems from your reality. So when you know what you want is already here (even if it's not in your physical reality yet), you can feel wonderful. And feeling wonderful gives you the fuel you need to take powerful action that will get you results.

2. EXPECT

When you leave to go to the store, do you expect the store to be there when you get there?

I bet you do.

I bet you never think, on your way to the store, "I'll try to go in the store today. I hope it's there. I'm dreaming of being able to walk into the store. I desire to go into the store. It's my goal to go to the store."

You know the store is there. You know you can get there. So what do you do?

You EXPECT to shop in the store.

Expecting is a powerful emotion. When you expect, do you have any doubts?

You don't, do you?

Expecting precludes doubts.

I used to have a plaque that someone gave me. It read, "Blessed are those who expect nothing for they shall not be disappointed." I had that plaque on my desk for years when I was working in the legal field. I liked it because it had a cute picture of a puppy on it.

Wow, do I sure wish I'd never wasted any time reading that silly phrase over and over. Cute puppy aside, training myself not to expect was one of the worst things I ever did.

When you expect nothing, are you motivated to take action?

Think about a day when you would normally receive gifts. On that day, isn't part of the fun of it expecting that you'll get to unwrap something? On Christmas morning, kids don't bounce out of bed and run to the tree because they hope they might get a present. They EXPECT a present. It's that expectation that galvanizes them into action.

When you expect, taking action to get what you expect is much easier. Expecting creates energy.

3. GET TO HAVE

When are the most exciting times of your life? When are you the most charged up? The happiest? The most full of joy?

It's when you get to have what you want, isn't it?

Why are weddings such joyous occasions? Because the two people get to have marriage.

Why is giving birth such a life-altering experience? Because the parents get to have a baby.

Why do people celebrate graduations, promotions, retirement, landing big projects, finishing the draft of a book, etc? Because you get to have the degree, the raise, the life after work, the closed deal, the finished book.

Can you think of anything more energizing than getting to have what you want? Can you imagine a way to be more primed for action than when you get to have something that brings you happiness or satisfaction?

You don't have to HAVE in order to get to have. Getting to have is a combination of knowing and expecting. It's acknowledging that you are in a position to experience whatever you want to experience.

When you stay in a place of get to have, you stay in a place of action.

When you don't stay in the get to have place, you can easily lose your momentum. Let's say you get all fired up to create some result in your life. You start taking action.

But then the result doesn't come as fast as you want it to come. The truth is the result may be beneath the surface, like those rocks I told you about. The result may be just about to break

through so you can see it. But you're so busy looking at what is that you forget to see what you get to have, what is beyond your current vision.

What happens when you do this?

You begin to doubt.

And what happens when you doubt?

You lose momentum. You get discouraged. Your energy drains out of you. And what you want stays hidden beneath the surface.

When you can stay in a place of get to have, you don't get discouraged. Start telling yourself that you get to have whatever you want to create in your life. You get to have big results.

Remember, you need to stop trying, hoping, dreaming, desiring, and moving toward goals.

What do you need to do? You need to know, expect, and get to have.

When you know you can get results, you expect to get them, and you think about how you get to have them, you'll be well on your way to having great power in your life.

Now, let's put that power together with some simple steps you can take to turn your problems into power.