

## How to Be Unstoppable

Hello. It's Bill Harris, Founder of Centerpointe Research Institute with another Brain Inspiration message, wisdom you can use in 5 minutes or less.

Last week we talked about the benefits of being a challenge seeker. Please watch that video if you haven't already. In it I described a number of benefits of setting challenges for yourself and then going after them.

First, you get what you challenged yourself to create. Even better, you get a huge high from the reward neurochemicals your brain makes when you successfully meet the challenge. You also get another reward from another neurochemical that creates huge increases in confidence and increases your faith that you can do whatever you set your mind to.

Because so many people aren't sure how to set a challenge, or how to actually achieve it, I want to address that in this video. Here's what I said to someone who asked me a question about this on facebook.

I would start by optimizing your brain, through Holosync, and perhaps with some supplements. When your limbic system is calm and your prefrontal cortex is strong, it's infinitely easier to successfully set and meet challenges.

So, to optimize your brain you might try taking some 5-HTP and L-Theanine, which you'll find at any drugstore or health food store. They're totally safe and will improve your mood.

Then, ask yourself "What am I longing for? What do I really long be, have, or do? What (specifically) is missing in my life?" You might just start writing down a few words or sentences as they come to mind. What are you longing for in your life?

Then, after you know what you're longing for (which might take you several hours or even several days to figure out, though you probably already know what it is) ask yourself, "What would I love to be, do, or have that will fill that longing?"

Start by assuming that anything is doable. Don't censor your ideas. What would you really love to be, do, or have if everything is possible? Write it down. Set your sights higher than what seems possible or easy. Your criteria isn't "what do I think would be easy to do" it's "what do I really want?"

## WEEKLY BRAIN INSPIRATION, CONTINUED ..

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Most people narrow what they think they can have because they focus on their circumstances. They focus on all the barriers they see. This is one of the reasons why you might feel fear, anger, sadness, or low energy when presented with a challenge. Focusing on the roadblocks doesn't feel good. It de-motivates you.

What you focus on is one of THE secrets to creating a great life, and focusing on what you don't want is like poison to your dreams. Once you know what you want (forgetting the obstacles for now, and assuming that if someone else has done it, it's doable, including by you) I would write out a description of what you want, written as if it's 2-3 years from now and you have it.

Be as specific as possible, adding lots of details, so that if you were telling this to someone after it has actually happened they would be able to easily picture what you're telling them. It might go something like this:

"I am so happy and excited. I now have my dream job. I'm making twice as much money as I was, and every time I look down at my paycheck I break into a big smile. When I walk in the door every morning and see my workplace I feel a wave of gratitude as my coworkers say hello to me and smile at me. I was able to buy a new car and every time I open the door, get in, and feel the leather seats and turn on the Bose sound system I feel the satisfaction of knowing that I did this for myself and I deserve it. I've improved my diet and feel much more energy. As I make my morning smoothie I'm so happy that I found a way of eating that feels good, has allowed me to maintain my best weight, and actually saves me money..."

And so on. Of course what you write will be about what you really want. I just made something up to give you an example. Add as many specific details about you enjoying having what you want as you can.

Then, I would read that statement of exactly what you want – which, remember, is as specific as possible – at least twice a day, out loud, with as much passion and emotion as possible. At first you'll feel like you're lying to yourself but after as little as a week you'll begin to feel how truly possible what you want actually is. The passion created by reading this statement focuses you on your dream and takes your focus off the obstacles.

Then, take whatever actions you can take to move toward what you want, no matter how small those actions might be. Be alert for ideas, people, situations, etc, that will help you see the next step. And keep reading your statement of what you want.

When you focus with passion on what you want you'll get ideas about how to get it, you'll feel motivated to act, you'll notice resources you didn't notice before (including people who will help you), and you'll begin to develop the personal qualities you'll need to get what you want.

## WEEKLY BRAIN INSPIRATION, CONTINUED ..

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When your mind goes to the obstacles, bring it back to what you want and tell yourself, "How I can get over, under, around, or through this will come to me somehow and I need to watch carefully so I will notice it." It might be a book, a person, a snatch of conversation you overhear, a course you could take, an idea that suddenly comes to you.

So, optimize your brain, find out what you want, write a first-person description of having it, with lots of details and specifics, read it aloud with as much passion as possible twice a day (or more), and take whatever actions you can, no matter how small they might appear to be, and then keep acting. And take your focus OFF of the obstacles and keep it on your dream. If you do that, solutions will come.

My friend Cynthia Kersey, the founder of the Unstoppable Foundation, says, "Do you want to know how to be unstoppable? Don't stop!" The big secret is to keep going toward what you want no matter what. 100% of those who stop fail to get what they want.

You can do this. You have everything that any other person who has succeeded has. You just aren't using it (yet).

Until next time, be well.

*Bill*

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